



Kinross Newsletter

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DEADLINE

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Contributions

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

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

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

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Letter From The Editor

NOW THAT WE ARE in February it won't be long until we have lighter nights and longer days coming our way. Editing the *Newsletter* means that I am often reminded that there is always something to look forward to and always progress to celebrate.

I was delighted to get an update from the Glenfarg Community Transport Group about their wonderful new bus service helping villagers get out and about on Thursdays. There are so many volunteers in Kinross-shire who give up their own time to make schemes like this possible.

If you have a little time to spare, see p78-79 for an updated list of volunteer opportunities. Being a volunteer is very rewarding and not only will you be helping someone else, you will undoubtedly feel the benefit yourself.

For my part, I'm looking forward to getting out and about on the Trishaws again in the spring. They might look heavy going at times, but they can't be any more difficult than dragging a reluctant pre-teen to the top of East Lomond as I did last weekend. Even chocolate bribes were not enough!

It's lovely to see that the Better Place to Live Fair is returning to the Campus for 2023 (after a Covid-induced break for a few years). It's a great opportunity for clubs and groups to celebrate their achievements and to sign up new members. If you have a club, group or small business that would like to have a table there to raise funds or promote your group, make sure to book a space (see more on p13).

If you are new to the area or just curious to find out more, make sure to put 25 March in your diary. It's a great day for the community to get together!

Hannah Phillips, Editor

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.

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Abbreviations

PKC: Perth & Kinross Council
CC: Community Council

Clr: Councillor
CCllr: Community Councillor

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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.

The Restoration And Subsequent Decline Of Loch Leven

THIS LETTER IS IN response to the article in the January issue of the *Newsletter* about algal problems in Loch Leven, and most importantly about actions needed to restore the loch. The first thing to stress, is that it has already been done once.

In 1990 the maximum depth in the loch at which rooted plants were growing was only 1.8m. After successive restoration efforts starting with elimination of the phosphorus input from Todd and Duncan by 1987, a 2008 (published in 2012) botanical study found rooted plants living at an astonishing depth of 4.3m [Dudley et al (2012) Changes in aquatic macrophyte communities in Loch Leven: evidence of recovery from eutrophication? *Hydrobiologia*, 681:49-57]. In researching an invited paper detailing the actions taken to achieve that amazing degree of restoration, I have been shocked to discover the decline since then; the depth at which rooted plants occur in the loch we are told, is now only about 2.5m.; almost halved.

So how has such a great deterioration from excellent quality been achieved? And what actions can be taken, once again, to restore the good quality? I was the new pollution control officer for the Forth River Purification Board in 1985, a year when by happy coincidence a true partnership effort delivered quantified comparative information on the relative importance of the various sources of phosphorus (P) – recognised in Loch Leven as the main nutrient that controls the algal growth. The validity of that scientific consensus, at least for Loch Leven, has been demonstrated by the restoration success: working hypothesis - to reduce P would reduce blooms (prediction of improvement); actions taken; subsequent measurement; predicted improvement occurred.

So, what has changed? Limited water quality sampling is not on its own the best way to assess the probability of cause and to indicate key sectors where increases may have occurred. There needs to be a parallel search for changes in the catchment, since 2008 (the culmination of post mid 1990s restorative actions). Have for example, inputs from agriculture increased to now exceed the quantities that were compatible with 4.3m of clear water for restored loch flora in 2008? That is implied in the “it’s agriculture” statements reported in previous *Newsletters*, from meetings with SEPA, Nature Scot and Scottish Water. Casual discussions and a focus group a few years ago suggest not. But a proper assessment is surely needed now:

- Has there been a sustained increase in the number of livestock in the catchment since 2000s?
- Has there been a sustained shift to root crops such as potato at the expense of pasture or cereals?
- Are farmers increasing the quantity of chemical and/or other fertiliser over and above practices up to 2008?
- Have farmers ploughed up the landscape measures which were pioneered on a catchment scale for Loch Leven in 1990s? They were designed to go hand-in-glove with sensible nutrient budgeting, farm waste management and improved good practice steading measures, and generally did so.

There is, however, one sector where such a change has been clearly identified. That is the size of the population of Kinross-shire, especially the town of Kinross and village of Milnathort. There are at least another two and half thousand people here since 2010, with real implications for the loch

quality. A basic aspect of pollution control is fairness and even handedness. It is an invidious situation where the urban input may continue to grow unchecked, with relaxed effluent discharge conditions, but farmers are told to take even more action. What’s the point if there is no concerted action to reduce across all the inputs? Of fundamental importance, what is the target total external phosphorus load for the loch?

Last point please: there are routine, technical actions that can be taken by people employed to so do; learn from the past and get on with it. And you don’t need more research, just a good professional knowledge of how improvements to the water environment can be and have been brought about. If there is not a serious change in direction soon, Loch Leven will sink from being a classic restoration success story and instead become a notorious case study in the failure to protect and enhance our water environment.

Brian J. D’Arcy, Kinnesswood

John Nicholson MP

OUR MP, MR JOHN Nicolson wrote a long article in the January *Newsletter* concerning his behaviour in the House of Commons. He had been referred to the parliamentary privileges committee after he shared the contents of a private letter from the Speaker.

Mr Nicolson was accused of a “clear breach” of parliamentary rules for tweeting details of the letter from Sir Lindsay Hoyle.

He correctly said that he was sent to the Privileges Committee for investigation by a group of Tory MP’s, 100 Labour MP’s and assorted Lib Dems and Ulster Unionists. The implication being that it was those opposed to the SNP making a political point.

But he did not tell you the whole story of the voting.

The fact is that MPs voted by 371 to 16 to refer him to the committee, a fairly conclusive majority.

The 16 of those who voted against his investigation were colleagues of Mr Nicolson as SNP MP’s, but the party’s remaining 28 MP’s - including Mr Nicolson himself – did not take part in the vote. So, 27 MP’s of his own party did not feel able to defend his actions.

Mr Nicolson was also in the news for giving evidence to a tribunal where Trans charity Mermaids has claimed that LGB Alliance should have their charitable status withdrawn. As Mr Nicolson is openly gay himself, it is surprising that he should give evidence to the detriment of a charity defending gay rights.

Perhaps it would be more useful for Mr Nicholson to concentrate his efforts on other matters – closer to home – that affect his constituents in Kinross.

Alan Thomson, Kinross

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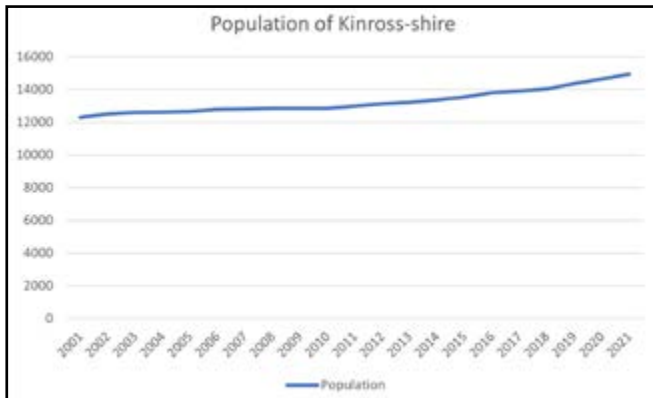
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Accurate Graphs, Misleading Interpretations

IN THE JANUARY NEWSLETTER ‘Name and address supplied’ took issue with the use of a non-zero origin of an axis in the Civic Trust’s graph showing the population rise in Kinross-shire. As the anonymous complainant says, this is common practice. The intent was to illustrate the text of the article: a clear numerical rise in population of Kinross-shire since 2001, with a steeper rise in the second half of the data period. If the origin of the y-axis (not the x-axis as suggested by the complainant) is set at zero, this is more difficult to see, but the rise is nevertheless there.

What is misleading is the complainant’s use of a relative term, ‘moderate’, to describe this increase, without any reference to a comparator to give it context. A rise of 1% per year over 20 years is actually one and a half times that of the other electoral wards of Perth & Kinross (0.68%), and two and a half times that for the whole of Scotland (0.41%).

The graph below shows a comparison in the percentage increases of population relative to the year 2010 between Kinross-shire, the rest of Perth & Kinross, and Scotland as a whole. The use of percentage growth allows comparison between areas, and makes using 0 as the origin for the y-axis appropriate. The data is taken from the Electoral Ward Population Estimates, Scotland, mid-2010 to mid-2021 published by the National Records of Scotland.



Readers may note that the rate of increase for Perth and Kinross (excluding Kinross-shire) has been steadily higher than that for the whole of Scotland (a fairly straight line), but that for Kinross-shire, this is accelerating (curving upwards). The effect is even more marked for the most recent five years, but as the data set reduces, the statistical reliability diminishes.

The undeniable fact is that for many years Kinross-shire has been undergoing an above-average increase in population. This is of particular concern due to the environmentally sensitive nature of this area.

Kinross-shire Civic Trust

Sorry!

THE NEWSLETTER WOULD LIKE to say sorry for any distress caused to Freda Brooks and her friend Andrea for using a photo of their lovely dogs alongside the article ‘It’s OK not to like dogs’ last month. These dogs are obedient, non-aggressive and friendly. We apologise for any negative association readers may have made; neither of the dogs display the undesired behaviours written about in the article.

Thanks



CAROLS AT THE CROSS held at Milnathort Town Hall on Friday 16 December was a lovely evening. Numbers were a bit lower than in pre-Covid years but mainly because of the weather, which also led us to hold inside the hall instead of outside. This is a Community event run by representatives of Milnathort in Bloom, Milnathort Town Hall and Orwell Parish Church and our immense thanks go to all who attended, to Loch Leven Singers for leading the singing and especially Brenda Frier for coordinating and leading with her guitar. Also grateful thanks to Giacopazzi, Heaven Scent and Sainsbury for their kind donations of mince pies and shortbread. A collection was taken for Broke not Broken and the excess mince pies were given to them also. Thank you to everyone and hopefully this year, we can get it well advertised and see many more attending.

Rosemary Tolson

ON BEHALF OF ALL who attended the Christmas lunch at the Day Centre a heartfelt thank you to Richard Scott and his helpers for a wonderful lunch. Thanks also to those who provided the live entertainment. Indeed a very jolly occasion. Here’s to next year!

Gwen Perry

AFTER AN ABSENCE OF 2 years we were delighted to see such support for this year’s switch on of Christmas Lights and thank Sarah Rankin for switching them on and all those who attended.

A special thanks to Chris Collins, Malcolm Wood, Kinross Rotary Club and Irene Donald for the evening’s collection. Thanks to the following for their financial help: Stewart funeral Directors, SM Bayne, Peeltech, Douglas Millar, Anderson LLP, Todd & Duncan, Kirkland’s Hotel, Morgan’s, Mr Chan, Central Cafe and all individuals who contributed. Thanks for grants from *Kinross Newsletter* and Kinross Common Good Fund.

Thanks for support and help with maintenance from Robert Purves (Hatrack Bruce), David Munro and Alfred Fyfe.

David Colliar, Light Up Kinross

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NEW WINDFARM FOR CARNBO?

Up To 26 Turbines Proposed

PLANS ARE IN PREPARATION for a new windfarm in Carnbo, which may see it become among one of the largest in Scotland. The project is described as having up to 26 turbines, each with a blade-to-tip height of up to 220m, plus associated infrastructure.

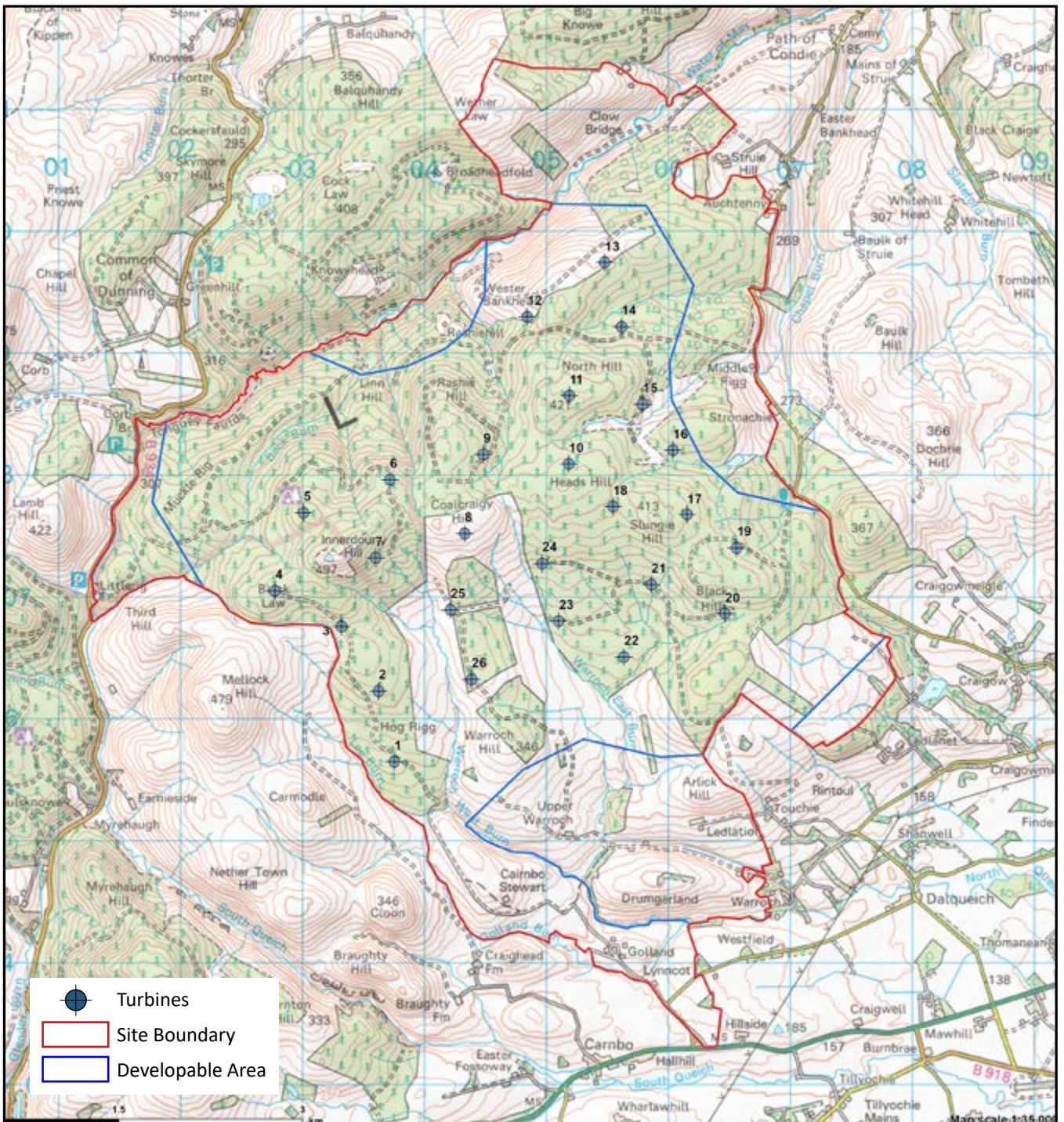
The proposal is bound to cause con-

trovery. Trudy Duffy, chair of the Fos-soway and District Community Council, said ‘FDCC have long been concerned about the cumulative visible impact of wind turbines in Kinross-shire, something that is seldom flagged up in plan-ning applications.’

Details have not yet been finalised

but, if the installation were to utilise the latest super turbines, their height could reach up to 850ft – equal to 60 double-decker buses or twice the height of the Glasgow Tower!

A scoping report was undertaken in October 2022 and Brunt Hill Limited, an associated company of E Power



Black Law Wind Farm



Limited (E Power) intends to submit an application for the construction, operation and decommissioning of the proposed wind farm approximately 4.5km north-west of Kinross. The site is within a commercial coniferous woodland plantation.

On 14 November 2022 the developers submitted a request for a scoping opinion from the Scottish Ministers. Fossoway and District Community Council (FDCC) were given the opportunity to respond to questions posed by Brunt Hill Ltd on the scoping document. They made the following points and requests (which you can see in more detail in the minutes of their last meeting on p46).

A summary of the points made by FDCC as the *Newsletter* understands them is as follows:

- Carnbo is not referred to as an adjacent impacted settlement and should be included as defined in P&K LDP2
- The proposed turbines are significantly taller than others in the area and will therefore be more intrusive and visible
- The developers should engage with Friends of the Ochils to establish important viewpoints
- Due to seasonal flora and fauna in the Ochils, an impact assessment should be carried out in the appropriate season under the guidance of NatureScot and the RSPB.
- Kinross-shire Civic Trust should be consulted on any cultural or heritage impact.
- The settlement will be significantly disrupted by increase in construction traffic and the developers should work closely with FDCC and the community to mitigate this.
- Friends of the Ochils and local rambling groups should be consulted on popular walking routes

- There is no mention of any local community benefit or creation of a fund (as proposed by the Scottish Government in their Onshore wind policy statement 2022).

Cllr Neil Freshwater said, A proposal of this scale needs careful consideration given its impact on Kinross-shire. I note the application is at the early scoping stage, thus details about transportation, access and community benefit are limited. This will likely form part of later discussions should the application progress.

The Scottish Government are committed to onshore wind as the lowest-cost new-build electricity generation in the UK.

The EIA Scoping Report says ‘Scottish Government policy is very supportive of the changing need case for renewable energy in light of the climate emergency and recognises the vital role that onshore wind in particular has to play in decarbonising electricity supply whilst growing the economy.

‘The Scottish Government has set ambitious targets for renewable energy generation and greenhouse gas emissions reduction. To meet those targets, new renewable energy projects must be developed where resources are present, environmental effects can be satisfactorily mitigated and social and economic contributions to local communities and/or regional programmes can be secured.

The Proposed Development will provide social and economic benefits to local communities and to the wider region for example through construction and operational employment and long-term economic investment.’

More details about the application can be viewed at: www.energyconsents.scot/ApplicationDetails.aspx?cr=ECU00004654&T=0

PKC COUNCIL RENT INCREASE RECOMMENDED

A RECORD NUMBER OF PKC tenants have had their say on their rent level for 2023/24. A 2.2% rent increase is being recommended, following a consultation which gathered over 2600 responses. The proposal is to be considered at a meeting of the Housing and Social Wellbeing Committee on Wednesday 25 January.

PKC currently has the sixth lowest council rent level in Scotland. The Housing Revenue Account (HRA) faces several cost pressures over the next 12 months.

Each tenant was asked to vote on three different rent increase options. 33% of tenants responded - the biggest ever response to the survey. Over half (51%) said they preferred the 2.2% increase. This would allow new and increased in-

vestment in:

- Additional resources to help achieve a net-zero carbon emissions housing stock (£44,000).
- Buying back ex-Council properties
- Repairs and improvements
- Electrical Inspection Condition Reports (EICR)
- New fire sprinkler systems
- Continued funding for Digital, Financial and Social Inclusion
- Servicing and maintenance of emergency lighting
- Increased utility costs

A wide range of support measures have been put in place by the Housing Service, including a money and debt advice service through the Perth Citizens

Advice Bureau and support through a bespoke service with SCARF, who provide free and impartial energy efficiency advice to council tenants.

Housing and Social Wellbeing Convener, Councillor Tom McEwan, said: ‘The proposed increase in rent would give PKC an average rental figure of £75.23 per week compared to the projected Scottish local authority average of £80.41.

‘We know that for many people finances are challenging. We have put in place a wide range of help and advice. Our Tenancy Sustainment Fund and Housing Locality Teams are available to support tenants. I would strongly encourage anyone struggling to pay their rent to contact us on 01738 476000.’

WOULD YOU LIKE CARING FUTURES?

WOULD YOU LIKE TO earn additional income on a part-time basis—and support your local community at the same time?

The Caring Futures project, delivered by GrowBiz, provides support to individuals and groups of people in the Perth and Kinross area, to consider working in the care sector on a self-employed basis. Caring can encompass anything from personal care and befriending, to gardening, cleaning, dog-walking, shopping or driving services.

The project will develop and support a network of self-employed carers across Perth and Kinross, helping them to be motivated, supported and fully aware of the opportunities available, along with the technical, legal and financial information needed for self-employment. One-to-one support is provided, along with learning opportunities and peer support through an extensive care and wellbeing network.

If you would like to find out more

about how becoming a self-employed carer can benefit you and your community, come along to our friendly information session at PKAVS, Perth, on Wednesday 8 February, 1.30 -3pm.

Everyone is welcome and snacks and drinks will be available.

We will share information about:

- How to set up as self-employed
- Insurance, PVG checks, training opportunities etc
- What you can charge as self-employed
- How to find clients



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THURSDAY BUS HITS THE ROAD

IN JANUARY, THE GLENFARG Community Transport Group truly took the brakes off and put the pedal to the metal, with the successful launch of the Thursday bus between Kinross and Glenfarg with volunteer driver Douglas Fraser (Chair of the Glenfarg Community Council) and others at the wheel.

Throughout January, passengers have enjoyed very sociable journeys, timed to fall between the 55 service, which stop at Drunzie, Duncrieve, Mawcarse, Loch Leven's Larder, Kinross High School/Community Campus Library and the Park and Ride.



If you are going south, you have 45 minutes to explore Loch Leven's Larder, 40 minutes at the library or 30 minutes at Sainsbury before the return trip. If you are going north, you can have one hour at the coffee morning or almost two-and-a-half hours if you want to visit friends or go walking.

There was quite a buzz on board, and outings have ranged from a weekly shop at the fishmonger in Kinross, a trip to Loch Leven's Larder for the post-Christmas sale and a cuppa, to visiting friends in Glenfarg and attending the Coffee Lounge in Glenfarg Village Hall.

So why not join us on a Thursday? Simply email us to get picked up or wave us down. Then ride for free or make a donation to help us provide inclusive, accessible, collaborative, sustainable transport for the area.

For more information, visit www.glenfarg.org/Community/gctgabout.shtml and follow the bus symbol.

To chat about organising an outing for your community group, email transport@glenfarg.org.



Drivers (LtoR Drew Smart, Douglas Fraser, David Codling).jpeg

Meanwhile, worried local residents of nearby Gateside are concerned for the future of the only remaining bus that stops in their village, the Moffat and Williamson service 66 from Glenrothes to Kinross.

A local resident told the *Newsletter*, 'No bus service would be a disaster. So many people rely on it and are already limited by the places they can go without multiple changes.'

Although a survey on passenger numbers is due to be carried out, a spokesperson for Moffat and Williamson said 'There are no plans to change the service.'

THURSDAY BUS TIMETABLE

KINROSS – GLENFARG (A)

KHS Campus Library	10.20
Kinross P&R	10.25
Drunzie	10.40
Duncrieve	10.40
Glenfarg Village Hall	10.45

GLENFARG – KINROSS (B)

Glenfarg Village Hall	11.45
Duncrieve	11.50
Drunzie	11.50
Mawcarse	11.55
Loch Leven's Larder	12.05
KHS Campus Library	12.15
Kinross P&R	12.20

KINROSS – GLENFARG (C)

Kinross P&R	12.35
KHS Campus Library	12.40
Loch Leven's Larder	12.50
Mawcarse	13.00
Drunzie	13.05
Duncrieve	13.05
Glenfarg Hall	13.10

GLENFARG – KINROSS (D)

Glenfarg Village Hall	14.10
Cuthill Towers	14.15
Mawcarse	14.20
Milnathort via M90	14.25
KHS Campus Library	14.35

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THE BETTER PLACE TO LIVE FAIR

25 March 2023, 10am – 2pm
Loch Leven Community Campus

HAVE YOU BOOKED A space to promote or raise funds for your club or group yet?

This is an opportunity for the community to discover why Kinross-shire is a Better Place to Live. The event is organised by Kinross-shire Partnership, Community Learning & Development and Loch Leven Community Campus.

In 2019 Kinross proved that it really was a 'Better Place to Live' with around 700 people attending the fair. It was

an opportunity to celebrate community achievement, network, seek new members and volunteers and for all the groups involved to showcase what they do. If your club, group or small business would like to take a stall at this busy, popular event, please email the address above.

There are many new houses in Kinross-shire and this is a perfect opportunity to promote your group or raise funds and introduce yourself to new residents. After a few difficult Covid years this is also an opportunity to celebrate all that is good about our community.

To find out more email: pauline@thegreyhouse.co.uk



New Funding Award For Kinross High School/Loch Leven Library

LOCH LEVEN COMMUNITY LIBRARY has been awarded a grant of £3700 for their project: *'I read for.... Change, understanding, empowerment'*

It is one of a selection of school libraries across 10 local authorities in Scotland that have been awarded funding totalling £200,000 for projects focused on anti-racism, diversity, and racial equality. In 2022-23 18 initiatives across 10 local authorities will benefit from the School Library Improvement Fund grants.

Education Secretary Shirley-Anne Somerville said 'School libraries play a key role for young people by providing access to educational resources, supporting learning and helping to close the poverty-related attainment gap. The anti-racism focus of the projects will allow school libraries to engage with pupils on the importance of belonging, inclusion and social justice.'

Pamela Tulloch, Chief Executive of the Scottish Library and Information Council, said: 'We're particularly proud to award support to those advocating for anti-racism and anti-discrimination through this year's Fund and we can't wait to see these initiatives come to fruition.'

The project will involve skills like videography, sound record-

ing and film editing. Library staff will support pupils to learn how to use the technology. This approach allows the school and the library to work together.

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GREEN LIGHT FOR SPEEDWATCH

IN 2012, FOSSOWAY and District Community Council took part in the Community Speed Watch pilot. A group of volunteers were trained by police officers in the use of the speed-measuring equipment, and were out on the A977 coming into Crook of Devon. Maybe you saw them at the time. They said, 'It felt really good to do something!'

The results were good: speeds were down but that effect didn't last very long. Ever since they have requested a continuation but up till now this wasn't possible.

However, Police Scotland has given permission to start again. FDCC put in an application for the CIF and were awarded the monies needed for the radar equipment; the hi-viz jackets and traffic signs. Their intention is to make it a Kinross-shire wide project as so many CC areas are impacted by speeding.

For safety reasons, Police Scotland will approve the places where speed checks are allowed. It can only be done in 30mph or 40mph areas. The teams are not allowed to 'hide'. They must be in full vision and must have good sight-lines. The weather should not be too bad, you'll be glad to know!

Teams of three go out, measure speeds, get the license plates of the cars



and send the collected information to Police Scotland. Offenders are not prosecuted but will get a letter with a warning. Fossoway CC thought that it could be a good idea to ask all the Primary Schools to let all the children write or draw a short letter about what speeding and unsafe roads mean for them. Offenders would get one of those (anonymous) letters with their warning letter. Persistent offenders may get a visit.

CC areas can get the equipment in turn. Experience shows that it is more beneficial if there is a rotation. Some people don't always realise that they are speeding, especially if they are familiar with the road. Movement and hi-viz clothing remind them they are in a built-up area.

'Before you can take part in a team, you need to undergo identity checks and police checks; this is a bit of work but once you're cleared, you're in. Interested?

'I hope it will be on the agenda of all Kinross-shire Community Councils in the coming months. They are best placed to coordinate this.'

If you want more information, please email her at fossoway.cc@gmail.com.

Trudy Duffy-Wigman from Fossoway and District Community Council said, 'Perhaps a rota could be drawn up so all the

Funding Boost for Fossoway Groups

RECENT FUNDING awards from the Fossoway Community Benefit 'Hydro' Fund were made to Powmill SWI, which received a grant of £1000 towards purchase of presentation equipment, including a digital projector and screen; and to Carnbo & District Community Hall Association, which received a grant of £1180 towards upgrading heating controls to improve efficiency and replacement of external wooden gates.



The Fossoway and District Community Council receives annual funding of £5000 from the Rumbling Bridge Community Hydro Society to be applied for community benefit within part or all of the Community Council Area, embracing the communities of Blairingone, Carnbo, Crook of Devon, Drum, Powmill and Rumbling Bridge.

Grant applications are welcome from local community groups that may be registered charities, unincorporated associations or non-constituted groups of residents coalescing around a common interest. Applicants must be able to provide evidence of the need for their project and demonstrate community benefit.

For further information on eligibility and how to apply for funding visit the website www.fossowayfund.org.uk or drop an email to fossowayhydro@gmail.com.

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TRAFFIC NOTICES

TEMPORARY PROHIBITION OF DRIVING, PARKING AND LOADING

OLD CAUSEWAY - KINROSS

In order to permit **SCOTTISH WATER WORKS** on the above section of road a temporary traffic regulation order is to be prepared. It is to be effective from the **20 FEB 2023 for a period of FIVE DAYS.**

The order will temporarily suspend driving, parking and loading on (both sides) of Old Causeway, Kinross from its junction with the B996 Main Street (311913, 701975) to its junction with Millbridge (311961, 702027), a distance of 91.62 metres or thereby.

Pedestrian and emergency vehicular access to premises will be maintained.

**The alternative route for vehicles is –
B996 HIGH STREET – BURNS-BEGG STREET**

TEMPORARY PROHIBITION OF DRIVING, PARKING AND LOADING

A977 TURFHILLS - KINROSS

In order to permit **RESURFACING WORKS** on the above section of road a temporary traffic regulation order is to be prepared. It is to be effective from the **27 FEB 2023 for a period of ONE WEEK.**

The works will take place overnight from 8pm to 6am.

The order will temporarily prohibit driving, parking and loading (both sides) on the A977 Turfhills, Kinross from its junction with the B918 (310011, 702787) to its junction with the roundabout at the M90 (T) (310930, 702716), a distance of 936 metres or thereby.

Pedestrian and emergency vehicular access to premises will be maintained.

**The alternative route for vehicles is via
A922 – A91 – A823 – A977**

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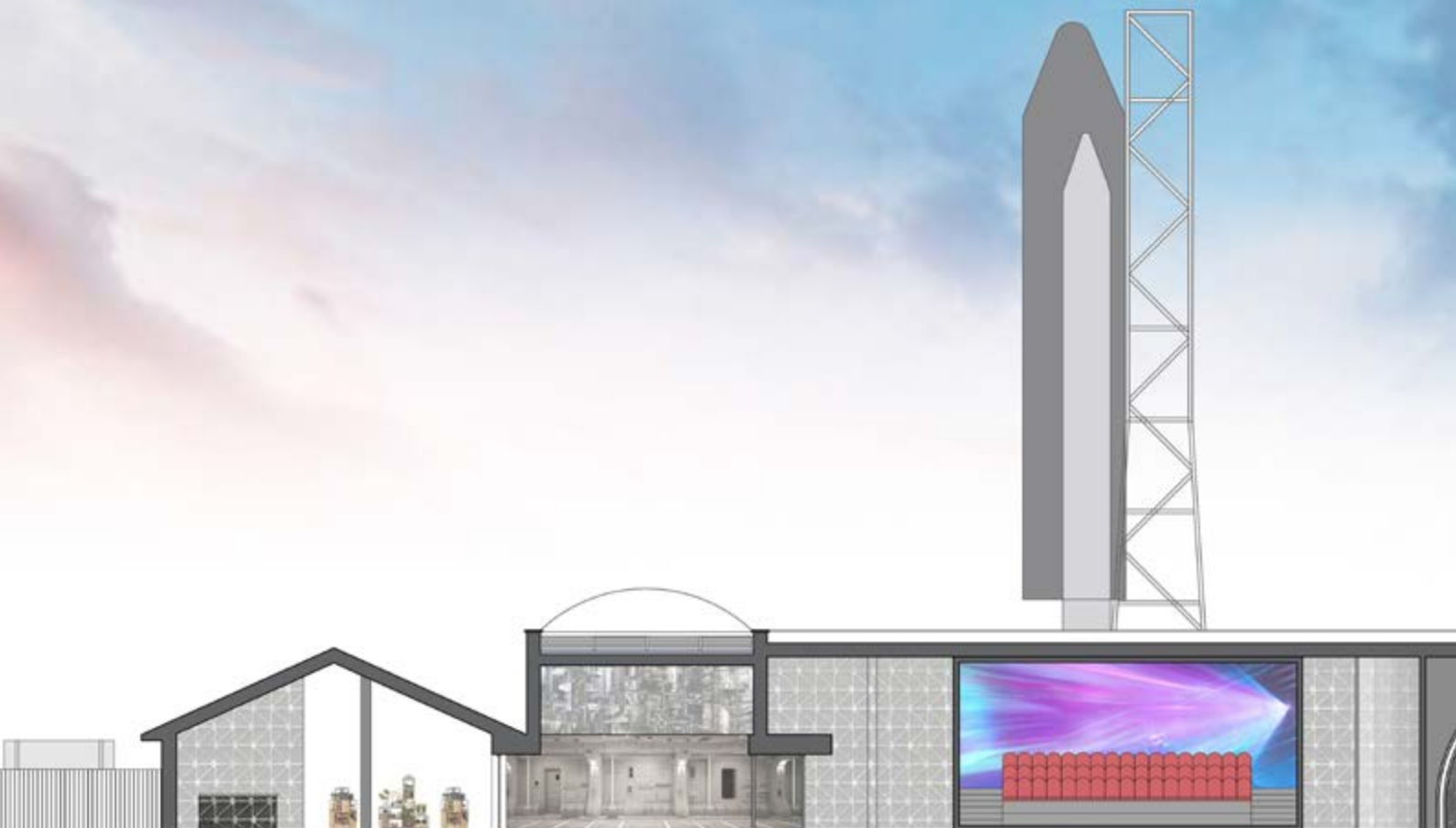
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FEARS THAT KINROSS MIGHT lose a much-loved local landmark were somewhat alleviated when ASSET (the Aero Space Kinross Scientific Educational Trust) unveiled their plans for a flight and space-themed visitor attraction at the Golf Ball in Balado.

The site, formerly known as RAF Balado Bridge, had previously been home to a Nato communications installation until its closure in 2006.

ASSET say the development will inspire and educate future generations in space exploration and flight, as well as create new employment and tourism opportunities for the local area.

At ASSET's recent AGM, architect Simon McGrechan of Sedgwick International UK showed plans (pictured) to re-use the existing buildings. If funding and investment plans come to fruition, Aero Space Kinross Community Interest Company hope to build a first-class venue for learning, cultural events, volunteering opportunities, corporate and academic exhibitions.

The venue will be home to interactive exhibits, a fully immersive 3D planetarium and will attract presentations from experts in the world of space exploration. Experts from Glasgow Science Centre with extensive design and installation experience will

assist in content design and the creation of exhibits and displays.

The centre would also showcase the latest technology developments of universities and aerospace corporates; content and displays will be continually refreshed from collaborations with corporate and academic sources.

Location

Having explored four different locations for the ASK venue, the ASSET board has chosen a location at Balado Bridge as the site that offers the most opportunity.

Known widely as 'The Golf Ball' the site offers great access from the major arterial route of the central belt, the M90, and is of sufficient size to support future expansion beyond the scope of this stage. Utilisation of existing buildings will help minimise carbon impacts as will a conversion of existing fossil fuel-based energy sources to renewables.

Architects and surveyors have prepared plans and submitted a pre-planning application which has been favourably reviewed by PKC.

If the Golf Ball site acquisition was to fall through, an alternative green-field agricultural site is available within the perimeter of the former RAF Balado Bridge WW2 aerodrome.

Also located close to, and with very good access to/from the M90, this is another attractive proposition where a new build development would be undertaken in stages. A development concept has been prepared for that site as a fall-back option.

Spending Plans

ASSET secured £120,000 of seed money from its community share offer in 2017 and used this to create more funding bids and awareness. As a result of this, they were awarded £1.6m of Tay Cities Deal Funding.

Once acquired, around £2m will be spent on renovating the buildings and the design/installation of content to create the visitor experience, along with all the services needed for a modern attraction.

Investment

ASSET's next stage for the Aero Space Kinross (ASK) fundraising campaign is an investment bond offer, through which they are hoping to raise £500,000 to take the project to the land purchase and construction stage.

An ASSET spokesperson said, 'With a minimum investment of £1000, UK investors can support this visionary educational initiative whilst receiving a potential tax-free return of 5%.*'

TEED UP FOR TAKE-OFF!



Working with Ethex, the leading impact investing platform, the ASSET bond offer is now available to view and closes on 31 March 2023.

Chairman of ASSET, Alisdair Stewart, said: 'This a significant step in our journey to making our overall strategy to create the Aero Space Kinross science and space centre in the area, a reality. We see the educational link as a vitally important one and encourage young people in the area to study with a STEM career in mind.'

'We would like to invite people to support our vision for the creation of a visitor attraction themed on flight and space exploration. We have now been awarded £1.6m of government economic funding and the proceeds of this bond offer will supplement the government funding to facilitate the acquisition of a site for the creation of the venue.'

'Crucially, creation of the venue will enable us to considerably expand our activities in the sphere of play-based informal STEM education to inspire young people to become scientists, technologists, engineers and mathematicians of the future.'

Commenting on the project, Morven Lyon, Programme Manager of Community Shares Scotland added: 'Aero Space Kinross is an exciting and

ambitious prospect, unlike anything we have seen in Scotland previously. We're delighted to support a project which will not only engage and inspire young people in STEM related educational activities but that will also create jobs and benefit the wider local economy. The community bond offer is a pilot project for the Community Shares Scotland team and we hope

that it might inspire other communities across Scotland to consider financing their project this way.

**Please remember that the Bond Offer is subject to FCA rules. People should not take part if their means are restricted in this current economic climate. Ethex (Ethex Investment Club Ltd) operates the website ethex.org.uk.*



ECO AWARD FOR KINROSS PARISH CHURCH

KINROSS PARISH CHURCH of Scotland has achieved a Silver Award from Eco-Congregation Scotland.

Eco-Congregation Scotland said 'We are delighted to announce this award. Eco-Congregation is a movement of Scottish church congregations, of all denominations, committed to addressing environmental issues through life and mission. The award recognises that the congregation has met or exceeded the Silver Award standards in spiritual living, practical living and global living, while also addressing general aspects of environmental care.'

The Kinross congregation was especially commended for the wide range of its eco-related activities including Community Litter Picks, commitment to Fair Trade and international charities, providing advice at Farmers' Markets, recycling blister packs, developing a church allotment and intertwining practical and spiritual approaches.

Rev Alan Reid, the minister at Kinross Parish Church, said: 'It was good to start the new year with this good news. Well done to Jim Smith, the leader of our Eco-Congregation team,



and to all the rest of the team. They have been involved in everything from reducing energy use in our buildings to planting fruit trees in our church garden. We consider this as part of our duty as Christians towards caring for God's creation.'

STEPPING STONES NOW WEEKLY!

DO YOU HAVE A Baby or Toddler? 'Stepping Stones' is a chance to meet up for play, coffee and chat for parents, carers, babies and toddlers at Kinross Parish Church on Tuesday mornings. Since January, the group is now meeting every Tuesday (rather than fortnightly) and for a longer period, from 10- 11.30am.

If you wish further information, or would like to speak to someone about coming along to meet up,

STEPPING STONES

Meeting **WEEKLY** in Kinross Parish Church from 10 till 11.30am.

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



contact the Kinross Parish Church of- fice (office@kinrossparishchurch.org; 01577 862570).

Cosy Spaces moves to afternoon slot

AS PART OF THE various Cosy Spaces initiatives in Kinross-shire, Kinross Parish Church will be open every Monday and Friday afternoon from 2-4pm, beginning on Monday 6 February. There will be teas, coffees, home baking and board games.

Rev Margaret Michie of the church says: 'We are moving from morning to an afternoon time to allow younger people to call in before and after picking up children from the school. We can set up board games for all age groups.'

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1 tin sweetcorn
2 tbsp plain flour
Salt and pepper

For the paste:

1 diced shallot
2 red chillies, minced
5cm piece ginger, grated
2 cloves garlic, minced
Bunch of coriander (stalks only,
keep leaves for garnish)
Juice of 1 lime
2 tbsp fish sauce
1 tsp sugar
1 lemongrass stalk,
bashed and diced
(or use lemongrass paste instead)

Whizz all the paste ingredients in a blender and place in a bowl with the fish, breadcrumbs, sweetcorn and spring onions. Gently mix with your hands. Add more breadcrumbs if the mix is too wet.

Shape into fishcakes and chill for 10 minutes. Dredge in seasoned flour and shallow fry in oil for around 4 minutes on each side. Serve with a green salad and a dip made from 1tbsp each of light soy sauce, fish sauce, rice wine vinegar and a teaspoon of chilli flakes, sesame seeds and sesame oil.

My Supper Clubs dates for spring are now out and tickets are selling fast! You can sign up for updates on my mailing list at sarahranksincooks.com. If you're interested in a private catering event, drop me a message via the website.

I don't know about you but we're still working through all those Christmas treats and are snacking on pringles and chocolates with gay abandon. So just to try and ease ourselves into a more healthy way of eating, I've been digging out some fish recipes.

I make these easy fishcakes most weeks. They are really quick midweek dinners, and you can use pretty much any fish you have. I made these with Christmas leftovers of a pack of smoked salmon and a bag of frozen prawns.

It's as easy as making a thai style paste (or cheating and buying one, I won't judge you), adding the fish of your choice, and frying.



Thai Fishcakes



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Councillor Willie Robertson



Kinross Town Centre: There are still things which aren't right about the shared space area in Kinross town centre and a recent consultation exercise has helped to highlight the issues. Following a walkabout on 13 January with Council officers and the ward councillors the following was agreed;

- The Give Way signs and road markings at the exit from Burns Begg street will be reinstated
- Better signage will be considered to advise drivers driving through the town centre that they are in a shared space
- The parking situation in the town centre will be considered
- A possible new gateway into the shared space from the bottom end of the High Street will be looked at to slow vehicles down

Hopefully if some or all of these proposal come to fruition the town centre will become a much safer place for pedestrians and drivers alike.

Kinross-shire Local Committee: The recently formed Kinross-shire Local Committee is a pilot project to see if Perth and Kinross Council can be more effective by taking decisions locally. The committee comprises the four Kinross-shire ward councillors as well as representatives from each of our six community councils. The operation and effectiveness of the committee is being monitored and the first interim report was presented to ward councillors recently. The main findings/recommendations were;

- As soon as technology allows, that future meetings should be held in Loch Leven Community Campus. These meetings would be hybrid ones so that people could take part in the meeting on line
- The minutes of meetings should be published quickly
- Kinross-shire residents and community councils should be encouraged to put forward topics for discussion

Potholes: As usual the winter weather has led to an increase in the number of potholes. If you see one please either let me know about it or report it yourself through the following email address; clarence@pkc.gov.uk

Speedwatch: Fossoway Community Council have agreed to take the lead role in setting up a Speedwatch scheme for Kinross-shire. I am delighted that they have been successful in getting a grant through the Council's Community Investment Fund to buy the equipment required. It is hoped that each community council area will now gather a list of volunteers to monitor the speeds of traffic, so if you are concerned about speeding traffic where you live please get in touch and I will send you details of how to get involved. The information gathered by Speedwatch teams will be used by the police to identify speeding hotspots and used by the Council to direct resources to problem locations. When this idea was originally trialled in Fossoway it proved very effective in slowing the speeds in areas targeted.

Sunnypark To The Heritage Trail Path: I am aware of the erosion of the path through Mary's Gate on the Sunnypark to the Heritage trail. NatureScot have kindly volunteered to repair it.

Loch Leven Pollution: My motion which went before Perth and Kinross Council in December asking the leader of the Council to write to the Scottish government environment minister was passed unanimously. It was seconded by Cllr. Dave Cuthbert and strongly supported by Cllrs Neil Freshwater and Richard Watters. The motion asked the environment minister to instruct SEPA to introduce much tighter controls on the discharge of untreated sewage into the loch by Scottish Water and also for a limit to be set on the amount of phosphorous discharged into Loch Leven. Currently there is no limit and I think that this is a major factor in the rise in algal blooms and reduction in water quality in the loch. Hopefully this request from Perth and Kinross Council will encourage our environment minister to take action.

Councillor Willie Robertson

Damage at St Mary's Gate



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Councillor Neil Freshwater



WARM GREETINGS TO ALL readers as we begin a new year. As an avid cyclist, I often embark on a picturesque route that starts from my home near Cleish and takes me through Aldie Hill, Powmill and towards Knockhill before returning to Cleish via the Hardiston road. I was particularly pleased to read Stuart Thomson's feature in January's *Newsletter*, which shed light on the history of the Carleith Cairn. As I pass by the mysterious wall encircling the trees, I often contemplate its potential mystical significance, only to dismiss it as mundane agricultural infrastructure. It was truly fascinating to discover its actual origins as a Bronze Age settlement.

Speed reduction at Carnbo

Recently, I discussed the prioritisation of road projects in Kinross-shire and the involvement of community councils. One of the most pressing concerns is the need for speed reduction measures in Carnbo. Community and ward councillors met with



road officers this month to address this issue, given the urgent nature of the problem and the strong feelings of residents. There has been some confusion regarding the status of the project. I want to clarify that the speed reductions will be implemented, but the legal process to obtain a Traffic Order has not yet been completed. This is due, in part, to staffing shortages within the council. Although this is a frustrating situation, we now have a better understanding of the steps that need to be taken. Unfortunately, there are many competing priorities across Perth & Kinross, so fast-tracking is not an option. I am aware that this is a source of frustration for residents and I apologise for the lack of a firm deadline. Due to the nature of the legal process, which includes consultation and response to possible objections and queries, it is not possible to provide a definite timeline. However, it is estimated that new signage could be in place by mid-summer at the earliest, but it could take longer. However, I am hopeful that 2023 will be the year in which this issue is finally resolved.

Kinross-shire Local Committee pilot

An interim report has been released on the findings of an evaluation of the pilot Kinross-shire Local Committee, which aims to devolve powers from Perth to Kinross-shire communities. While it may seem early to conduct an evaluation given that the committee was only established last year, the report is largely positive and acknowledges that it is too soon to fully measure the impact of the committee. The report also highlights the positive contributions of the committee and identifies areas for improvement. I am confident that the committee will continue to make good progress this year.

Traffic on Kinross High Street

I joined a walkabout with council roads officers and ward councillors to address traffic issues in Kinross, particularly around the shared-use area near the old Town Hall. During the walkabout, it was agreed that the signage at the Burns-Begg St junction must

be improved to better advise drivers coming from the loch to give way at the High Street, as it is not immediately clear. The council will also explore additional options, such as making the High Street one-way or pedestrianising the Town Hall area, and look at ways to encourage increased use of the town centre 'bypass'.

Loch Leven pollution debated in council

I was happy to speak in a debate in the council chamber last month in support of a motion lodged by fellow ward Councillors Willie Robertson and Dave Cuthbert, regarding the ongoing issue of sewage entering Loch Leven. The motion was passed, and the council leader will now write to the Scottish Government's environment minister asking for urgent action.

Councillor Neil Freshwater

Liz Smith, MSP



RESIDENTS OF KINROSS-SHIRE have suffered more than most from numerous public transport reductions over the last few years. Kinross-shire's rural villages are more isolated than ever, and the substantial reduction of the frequency of Kinross bus services to Perth and Edinburgh has rightly frustrated local people.

Several Kinross businesses are no longer receiving customers from outside the town in the numbers they once expected, and with planning currently under consideration for a new retail park and the population of Kinross expected to grow considerably, good transport links are more needed than ever. Links to Perth and Edinburgh are also a necessity for healthcare, education, and commuters travelling to the cities for work, and that is why I both contacted Stagecoach and First Bus on behalf of constituents and began a petition seeking to reinstate the more frequent timetable of the X56 service.

I am, however, delighted at the news that volunteers in Glenfarg – a village particularly isolated following the reduction of the X56 – have taken it upon themselves to launch a free bus service for the community. The mini bus runs each Thursday on a timetable which will take passengers into Kinross and other nearby locations including the Loch Leven Larder. The volunteers are also seeking to expand their operation further to take residents into Perth and other destinations. This has been particularly well received among the elderly who otherwise would have no alternative mode of transport.

I commend the selfless act of the small number of volunteers that have made this possible and hope this strong community spirit will inspire similar initiatives elsewhere in Kinross-shire.

Liz Smith, MSP

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Jim Fairlie, MSP

ALL ACROSS THE CONSTITUENCY there are folk who take initiative and work together to tackle problems that they have noticed in their communities, and as the local MSP I have the privilege to highlight positive examples of beneficial community work by introducing a Motion in Parliament. One such example



is the Glenfarg Transport Group's volunteer-led bus service that is providing transport for rural and elderly residents in response to withdrawals of Stagecoach bus services in the village of Glenfarg.

Their team of nine volunteer drivers plans on running buses every Thursday through the back roads and making stops along the way from the village to Glenfarg Community Centre, allowing people opportunities to socialise, or to visit the library and shops in Kinross. My motion congratulates and commends the group for their successful project, and encourages parliamentarians to wish them every success in their fundraising efforts and future plans. I am pleased to report that their good work has received support from MSPs across the political divide, right across Scotland.

Readers will be aware that I visited Loch Leven last month alongside Councillor Richard Watters prior to a multi-agency meeting involving the Scottish Environment Protection Agency, Scottish Water, Perth and Kinross Council and NatureScot that discussed ongoing issues relating to the algae bloom problem. I fully share and appreciate the concerns of our local community that would like to see better conditions at the Loch, and it is my understanding that the situation can and will be improved.

I have invited the Scottish Government's Minister for Environment and Land Reform Mairi McAllan to visit the site and to learn first hand about the algae problem, as well as the science based solutions to cleaning up the Loch. I expect the Minister will make a visit in the near future.

My office is regularly updated by the stakeholders and I will be encouraging all parties to continue to work closely and co-operatively as we tackle this issue together.

Constituents expressing fear and pressure from the cost of living arrived more frequently in my email inbox than any other issue throughout 2022, and as we enter 2023 this will continue to be the main focus of my work. It is a scandal that in a country as rich in resources as Scotland, and in my constituency of Perthshire South and Kinross-shire, which is considered as an affluent part of that country, that people experience difficulties that cause insecurity.

I am proud that Perth and Kinross Council and community groups are on hand to provide a broad range of services and support to alleviate pressures that include providing people enough food to eat, a warm place to stay, a solution to travel from A to B, a friendly and compassionate ear for those experiencing loneliness or hardship, and so much more. I want to be clear that there is no shame, and there is no stigma in reaching out. Times are hard and there are so many people that need a wee bit of support at the moment. Please if you need help don't hesitate to get in touch with my office, and we will point you in the right direction. Society is on hand to help.

Jim Fairlie, MSP



John Nicolson, MP

SOME OF YOU MAY have noticed that when I'm out and about I'm hirplin a bit. And for the last few weeks, I've been using a stick. I have succumbed to that widespread Scottish curse, arthritis.



It was first diagnosed when I was in my mid-20s. My doctor sent me off for x-rays and when they came back, he asked if I'd ever been a professional sportsman. Err no. But my early wear and tear were consistent with a professional football player. He said that if I kept fit and relatively thin, I could fight it off for a few decades.

I took his advice. I followed a mostly sensible diet, drank moderately, and hit the gym frequently. And to be honest, I pretty much forgot about the diagnosis. But a few years back, a steady pain seemed to be seeping into the bones of my legs and up my spine. It got worse and worse. And I complicated matters with a gym injury.

A London NHS pain clinic advised me I might have to live with it. And I self-medicated with painkillers with disastrous results. Last year on holiday I contracted sepsis and had a very close call. I have much to thank the Spanish NHS for, not least the doctor who looked after me in A & E – Angel, and my recovery nurse – Jesus. Well, it was Madrid.

Back home and several scans later I got some definitive results after an MRI scan. I have advanced arthritis in both hips. Bone rubbing against bone. It's extremely sore and my new painkiller regime scarcely scratches the surface.

I know I'm not alone. I have much to thank my Mum for but suspect this is inherited from her side of the family. She had arthritis as did my granny. Estimates suggest 1.5 million people live with varying degrees of the condition in Scotland. And our damp climate doesn't help.

I am now on the waiting list for a double hip replacement. I had my first surgeon consultation before Christmas. Dr Happy warned me of the dangers, including the possibility that one leg might end up shorter than the other. He didn't put me off. I know he needs to explain worst-case scenarios.

I've become one of those tedious people who, when asked, 'how are you?' gives a truthful answer. But as a result, I've found myself in a lot of arthritis conversations. Everyone I've spoken to has had an operation or knows someone who has. Everyone tells me the procedure has incredible success rates and is transformative. The surgeon tells me that the scar will be so small that it won't affect my Speedo line.

Anyway, I'm not letting any of this hold me back. My constituency and Commons staff have been wonderful as have staff in the airports and stations I travel through each week for work. I'll keep you updated on the progress. But the thing I'm most looking forward to is a long walk on the hills.

John Nicolson, MP

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DOMESTIC ABUSE

Is That Me is our latest campaign to tackle domestic abuse. With 80% of incidents involving a male perpetrator and female victim, the campaign looks to encourage young men to reflect on the way they treat their partners and look to change their attitudes and behaviour.

What is Abusive Behaviour?

Abusive behaviour can be physical, verbal, sexual, psychological or financial. It can include:

- Threatening your partner
- Calling them names
- Controlling what they do, where they go and who they speak to
- Not allowing them to see their friends and family
- Accusing them of cheating
- Stalking them by continually checking up on them
- Sharing, or threatening to share, intimate images of your partner
- Hitting, kicking, punching or throwing objects at them
- Rape, forcing your partner into sexual acts they don't want to do
- Keeping money from them or demanding their money

Domestic abuse is the general term for this type of behaviour but it doesn't matter if you are boyfriend and girlfriend living separately, living together, married or even ex-boyfriend and ex-girlfriend. If you are abusive in person or online to someone you are, or have been in a relationship with, it will result in your arrest.

Further information can be found at:

www.scotland.police.uk/what-s-happening/campaigns/2022/isthatme

RECENT INCIDENTS

There were no recent incidents to report in the area.

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: **PC Ben Samson.**

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.**

PC Spalding is also on Police Scotland Twitter and can be followed on twitter.com/policescotland or [@Kinross](https://twitter.com/Kinross).

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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 (unless you are using a mobile phone), which any member of the public can contact at any time if you have information relating to a criminal activity of any sort.

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ENERGY TO HEAT OUR homes and businesses is a universal need which we all pay for through our pockets and collectively through impact on our environment. The CATCH Team is investigating ways to reduce these rising costs through community action for Kinross and Milnathort. Our core idea is to use centralised heat pumps to convert low level heat energy from Loch Leven into hot water piped through a heat network to properties. This is well proven sustainable technology, aiming to lower our heating bills and our impact on the environment through carbon reduction and by cooling the loch which could benefit its ecology. We want to achieve this as a community effort, not least to benefit from economies of scale.

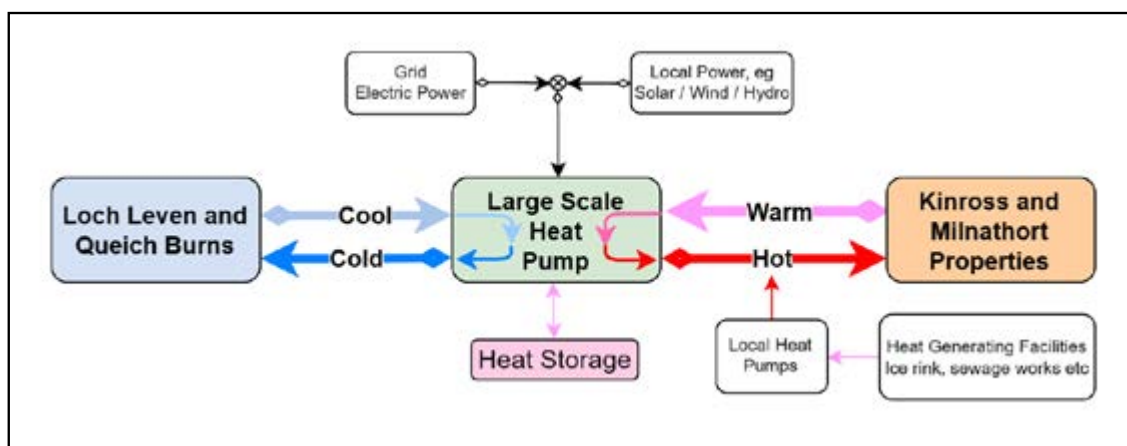
Since our last *Newsletter* article we have engaged with you our community, PKC, SEPA, Nature Scotland, among others, and looked closely at similar projects. We have had particularly valuable input from Ramboll a company with long experience of planning and implement-

ing this type of project. While firmly still a work in progress, and with challenges to overcome, we are confident that this project can be successful. Our main learning points to date are:

- The Loch represents the biggest heat source opportunity and we are looking at drawing heat from the Queich burns to minimise infrastructure in the Loch itself. There are other energy sources we are investigating such as electricity from solar, wind and hydro, heat generated by the ice rink and sewage works. Making use of energy storage will be important.
- The economic picture, whilst challenging, looks feasible in principle. The Scottish Government have a Heat Network Fund to help with capital cost and a support program for local heat projects (LHEES) which is implemented through PKC. We have had useful engagement with Cllr. Richard Watters Convenor of the Climate Change Committee. Operating costs and revenue are complex moving targets making it difficult to look ahead, but anticipated trends in

energy tariffs will help us. Investing in renewable power generation will reduce running costs.

- Community and stakeholder engagement is vital. The project can only work with wide support. We are very encouraged by those we have spoken to already. Thank you to those who have already expressed interest.
- Our focus is now twofold: the commissioning of a full Feasibility Study, and community and stakeholder engagement. To frame the Study in the best way will require a further improvement in our understanding of the project potential, in particular the environmental impact on the Loch and its tributaries, impact on the



towns, the economics, and the influence of businesses and landowners. We will also need to source finance for the Study. There are some key organisations involved that we need to bring further on board nationally, regionally and locally. Our engagement locally will widen and deepen. We continue to work on these and more. We are a small team and always looking for anyone else who could help.

More information can be found online at www.catch-lochleven.org. To show your support, please register. There is no obligation. This helps us enormously. If you would also like to be actively involved, please let us know.

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LOCH LEVEN'S RESTORATION: SEWAGE TREATMENT MATTERS!

Recently interesting correspondence in the Newsletter's letters page has arisen regarding the ongoing pollution of Loch Leven, in particular with regard to the growth of the population, which seems likely to be affecting the loch.

Here environmental consultant Brian D'Arcy explains how, in an earlier pollution period, very effective action was taken for sewage treatment as one of the focal points for actions to restore the loch. Can the same sort of effort be made now?

Improving The Effluent Quality Of A Municipal Sewage Treatment Works

AN ASTOUNDING DEGREE OF improvement in the ecological quality of Loch Leven was achieved by reducing phosphorus inputs to the loch, starting in the mid-1980s, and continuing with further improvements at the sewage treatment works in Kinross and Milnathort through the mid-1990s. In addition the small village of Kinnesswood was taken out of the catchment by a new sewer to connect with the Leven Valley Sewer, and another new sewer was laid to collect scattered properties in Drum and drain them to the treatment works at Crook of Devon (also outwith the loch catchment). There was, of course, also a sustained programme of work with farmers and other businesses across the catchment – but that's for another article.

The Improvement Process

In the UK and most developed countries, wherever a town exists there is a sewer system and a sewage treatment plant (STW). Very often that means there is a need for capital expenditure to up-grade very old or now overloaded infrastructure to meet environmental standards. That means there has

to be a process whereby priorities can be agreed between the environmental regulator, in our case Scottish Environment Protection Agency (SEPA) and the water utility (Scottish Water). The water utility has a capital programme and agrees a spending plan, for example a 5-year rolling plan. That allows for capital works to try and meet the environmental and other performance requirements. The capital spending programme also has to cover sewer infrastructure (including SUDS in Scotland) and drinking water treatment plants and supply networks.

Figure 1 aims to show simplistically how the process, overseen by government, allows pollution control agencies and water utilities to work together to improve the quality of treated sewage effluent discharged to the water environment.

There are several (at least) key considerations influencing the outcome of the process:

- Current compliance with current licence conditions
- Appropriateness of current licence conditions (environmental standards and accepted best practice limits change with advances in environmental science and in treatment technology)
- Availability of space for extensions, land-owners and local objections, radical alternative considerations such as relocation, etc.
- Development pressure (including from central government and planning authority) requiring increased capacity.

The only situation when a discharge licence might be re-

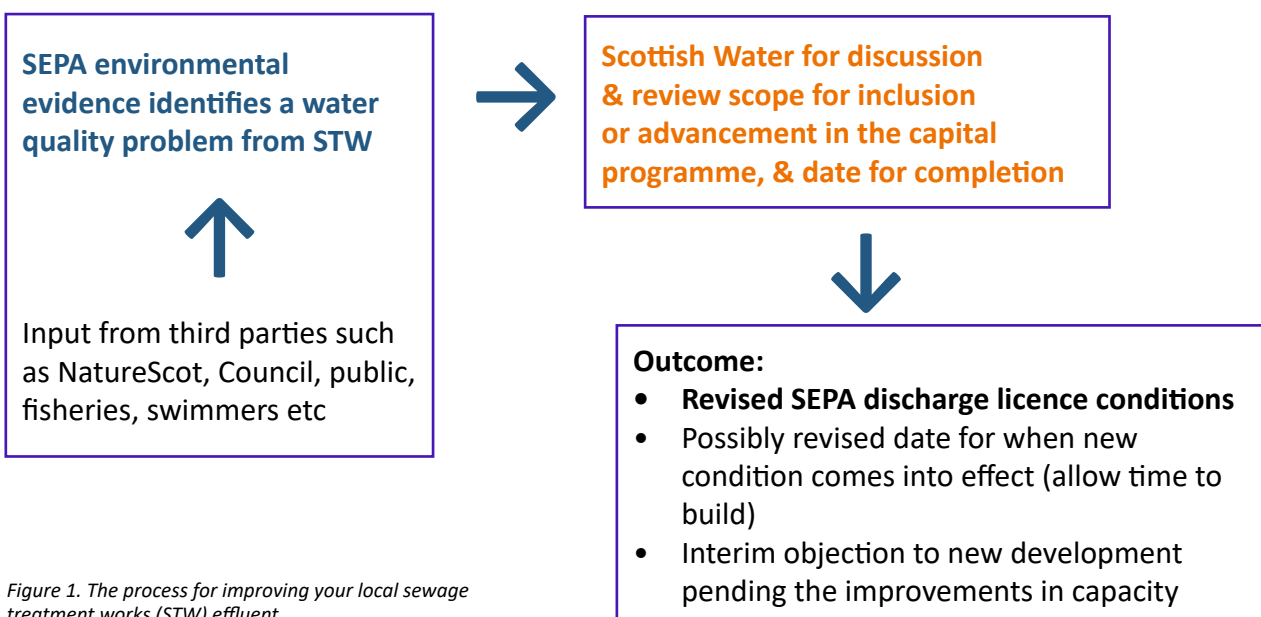


Figure 1. The process for improving your local sewage treatment works (STW) effluent

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laxed, would be where a review by SEPA with a discharger agrees that the effluent is likely to remain in breach of discharge conditions until the capital programme funds are released and new infrastructure can be completed. In such a situation, a temporary relaxation might be granted, but underpinned in the reviewed discharge licence by a condition specifying a firm date whereby new, tighter limits will come into force.

Figure 2 below shows how in Kinross we have moved from being at the forefront of best practice [the first town in Scotland to have a phosphorus (P) limit, the Forth River Purifi-

1992. Current positions by contrast simply don't make sense.

The last point in this little story is overall, how much P should be allowed to enter the loch from its catchment and still expect good water quality? A maximum external load should be established for the loch. To that end, flow limit needs to be linked more directly to the effluent concentration, specifying a maximum P load from Kinross. A licence review will usually seek a revised flow limit, allowing for some new development. That is why the maximum permitted concentration needs to come down. Indefinite population growth precludes achievement of effective best practice,

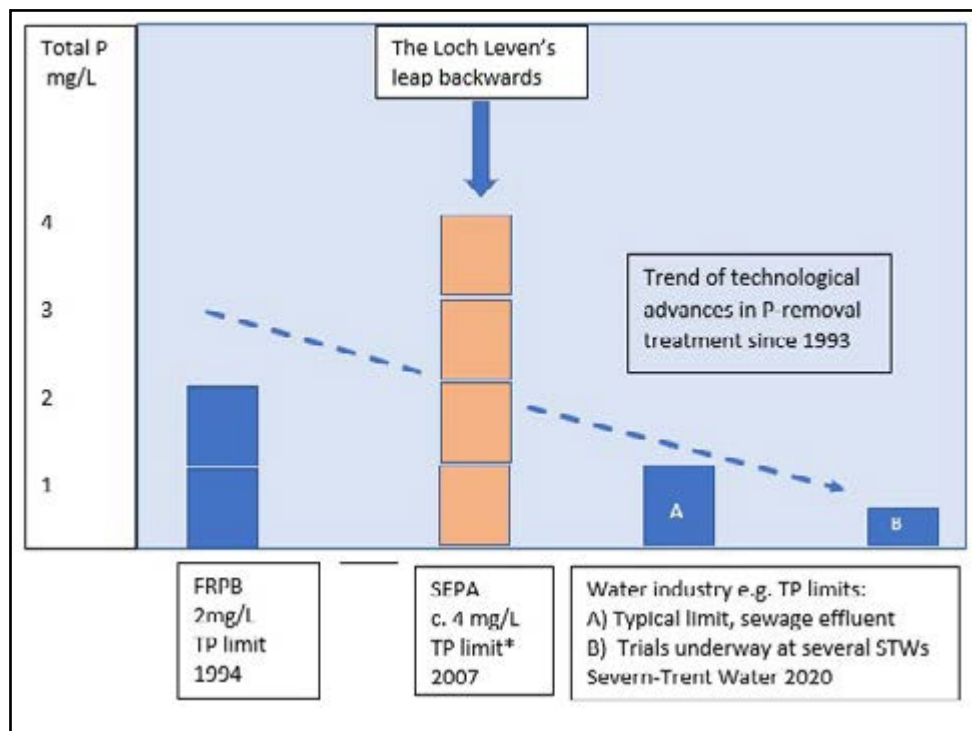


Figure 2. Phosphorus limits set for Kinross STW and comparable water industry values in use in 2020 (FRPB limit was best practice 30 years ago). *NB the 2007 SEPA licence set a limit on Soluble Reactive Phosphorus (at 3mg/L), which is a proportion of the Total Phosphorus value (about 75%, Kinross data), so equivalent to about 4mg/L TP.

cation Board (FRPB) applying the output from an EU Workshop, of 2mg/L Total Phosphorus (TP) in a discharge licence review completed in 1993, following the 'scum Saturday' algal blooms of 1992]. The accepted best practice limit on P in treated sewage effluent has changed over the subsequent thirty years, with the advances in P-removal technology. Several water utilities in England are currently working to stands of 1mg/L or lower.

No one seems able to say why the limit on Kinross was raised, not reduced, in 2007. The best outcome now is for SEPA to sit down with Scottish Water and seek a timescale to get back to a new best practice discharge limit (for example 1mg/L TP). Until Scottish Water can meet such a condition, they are entitled to object to more development – but only if SEPA initiates the request for improvement. What might be needed on the ground to enable compliance with a current best practice limit? It depends on the technical options. Importantly, informal conversation indicates there could be space available by reducing the land-take of the plantation around the works in Kinross. But the first thing is to formally initiate interest in doing this. The process is in essence a simple, routine part of a pollution prevention officer's working life. But it would also be really helpful if other interested parties would get in line and back this basic function they all clamoured for back in

and as we are seeing just now, can cancel out earlier progress from that source.

B.J. D'Arcy 15.1.23

Environmental consultant (2010-present) and the local FRPB Pollution Prevention officer from 1985-94, setting the P-reduction limits on the effluents into the loch; in 1992-3 secretary of the Loch Leven Area Management Advisory Group (Chaired by Sir David Montgomery); and co-initiator and lead of the subsequent Loch Leven Catchment Management Plan programme in early years of SEPA.

Further Reading

LLAMAG (1993) *The Report of the Loch Leven Area Management Advisory Group*, July 1993. Forth River Purification Board. [Copy to be placed in Kinross Library].

D'Arcy BJ (1991) *Legislation and the control of dye-house pollution*. Journal of the Society of Dyers and Colourists, 107, 387-389.

D'Arcy BJ, May L, Long J, Fozzard I, Greig S and Brachet A (2006) *The Restoration of Loch Leven, Scotland, UK*. *Water Science & Technology*, 53, No. 1, pp. 183-189.

Kinross-shire Cricket Club 1853 - 1918

THE EARLIEST RECORDS OF Kinross Cricket Club can be found in article in the Fife Herald stating that on the 27th April 1853 a meeting was held at the Salutation Hotel to establish a cricket club in Kinross. Local landowner, Mr W B Constable was the chair and is regarded as the inspiration and founder of the club. While the club was established and had over 30 members, it was three years before they played the first official game. This was against Edinburgh Franklin and was played at Burntisland Links. At that time there was a direct ferry from Leith (where Edinburgh Franklin were based) to Burntisland and it is assumed that this was the most central location for the match as Kinross did not have a ground of their own to play on. The scores are not recorded but it is noted that Kinross lost the game by a significant margin!

By 1861 Kinross Cricket Club was listed in the Fife & Kinross Parochial Directory with William Briggs Constable named as Club Captain and George Bogie as Secretary. The club had a strong link with Dollar Academy as William Briggs Constable's children attended the school and played cricket for both the school and Kinross teams. One of his sons, Andrew, was a keen cricketer and captained the 1st XI team towards the end of the 1800's before building a successful legal career, becoming Solicitor General and a judge of the Court of Session with the courtesy title Lord Constable.

The 1860s also saw the development of a thriving junior's section. The club did not have a regular

home ground and played matches at various locations throughout Kinross. These included the 'town green' directly across from the Green Hotel, Kinross House, Tallyhill Park and any available flat field that could be found.

Cricket became a very popular summer sport and new clubs were formed across the local area. These included Maryburgh, Milnathort, Blairadam, Strathmiglo, and Lochgelly. Additional fixtures were regularly played against Dollar, Falkland and Broomhall (Charleston). Interestingly, these three clubs are also a regular part of the 2020s fixtures list. In 1884 Kinross Cricket



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Club merged with Thistle Cricket Club based in Milnathort and changed its name to Kinross-shire Cricket Club.

Over the next 20 years cricket continued to grow and the club built a solid reputation. The first record of significant silverware being won was in 1898 when the club won the Fife and Kinross Cricket League Cup title. This win gave the club temporary stewardship of a large ornate silver trophy. This was displayed in the shop window of Kinross watchmaker, Mr Harkness.

By the early 1900s the club had a significant membership comprising players and social supporters. The club hosted regular summer dances, musical concerts and had many local dignitaries on its committee. Most local businesses had links with the club either as players or financial supporters. In 1904 the club had moved to a permanent home in the heart of Kinross at Beeches Park which now houses the Montgomery golf course clubhouse. The club played matches across Kinross-shire, Fife and as far away as Edinburgh, St Andrews and Dundee. At a time before telephone or email, players were informed of their selection for matches by means of a club postcard. Pictured are both sides of a selection postcard which was sent to a Mr John Morgan who lived in Falkland.

During this period the club had two senior teams and a junior team. The club was highly regarded in the wider cricket circles and the club boasted players from as far away as Edinburgh, Cupar and Dundee. A news article in the *Kinross Advertiser* of 25 September 1909 provides an insight into the club structure and the successes on the field.

KINROSS-SHIRE CLUB. *The annual general meeting of the Kinross-shire Cricket Club was held in the MacIntosh Institute, Kinross, on Friday evening last, when there was a good turnout of members. Mr D. M. Hutchison occupied the chair. The Secretary gave a report of the season's workings, which was considered satisfactory. The following office-bearers for the ensuing season were then elected, viz.:—Hon. Presidents—Sir C. E. Adam, Bart.; Sir Basil Montgomery, Bart.; M. C. Anderson, Esq. Hon. Vice-Presidents—J. A. Clyde, Esq., K.C., M.P.; J. J. Moubray, Esq.; N. B. Constable, Esq. President—Dr Oswald. Vice-President—Basil Montgomery, Esq. Captain—D. M. Hutchison. Vice-Captain J. G. McGregor. Secretary and treasurer—R.*

Teller. Committee—J. Morgan, D. McIntosh, R. Wilson, T. Leckie, J. R. Stephenson, R. Moodie, W. Bruce. 2nd XL—Captain—W. Watters. Vice-Captain—J. Chalmers. Secretary—J. I. Imrie. During the season 20 matches were played, of which 11 were won, 6 lost, and 3 drawn. The table below shows the averages for the season:

BATTING

Name	No of inns	Times not out	Most in inns	Total runs	Av'ge
JG McGregor	16	1	54*	180	12
R Millar	17	0	44	156	9.1
JR Stephenson	13	0	25	116	8.9
W Bruce	13	4	16*	76	8.4
G Urquhart	14	0	22	119	7.2
DM Hutchison	12	1	39	72	6.5
R Wilson	9	0	18	62	6.9
T Baxter	16	1	32	75	5.3
R Telfer	8	1	6*	35	5.0
R Beveridge	5	1	26	49	12.25
H Brown	5	0	27	66	13.2

BOWLING

	Overs	Mdns	Runs	Wkts	Av'ge
T Baxter	132	20	286	57	5.01
J McGregor	117.4	26	226	42	5.38
G Urquhart	95.1	21	201	32	6.28
J Morgan	26.2	3	38	8	4.75
R Beveridge	14	2	52	5	10.4

As Europe moved toward the Great War, Kinross-shire Cricket Club had already passed its first 'half-century' and everything look set for an exciting and glorious future. In next months *Newsletter*, we will look at the war years and their impact on the club, the clubs first international player and the ups and downs of a turbulent time up to the late 1990s.

Fossoway Memories



SINCE THE DECEMBER LAUNCH a new Facebook group has nearly 300 members, sharing their photos and amazing stories. The Newsletter is pleased to share some with you!

Fossoway is rich in historical and legendry stories and who better to bring them to life than the families that lived in them past and present.

This is just one of many stories to come from the group members giving an insight to life in bygone days. Campbell Dobie Jnr now lives in Australia, but here he tells of his family who lived at Rumbling Bridge Smithy.

'The Dobie family have been blacksmiths for some time, back to around 1575 in fact. My great grandfather Gilbert Dobie had several businesses in and around Newburn, Fife plus the Smithy at Rumbling Bridge. He had eight children, five of them boys who all worked for him in his various blacksmith/wheelwright shops. In 1907 Gilbert Fenton Dobie was

the blacksmith at Rumbling Bridge Smithy. He was married in June 1908 and his residence is noted on the marriage certificate as The Smithy House Rumbling Bridge. Gilbert returned to Fife to be replaced by his



John Fenton Dobie with two employees at The Smithy, Rumbling Bridge

twin brother John sometime around 1909. (Gilbert had been ill and died in 1910.)

In January 1910 John Fenton Dobie married Isabella Allen Paterson. Interestingly, as well as being the blacksmith, he also was the agent for Raleigh Cycles. I remember the large green enamel sign advertising Raleigh Cycles on the gable end of the house in the 1950s.

In the 1911 census, as well as John, his wife Isabella and 5-month-old daughter Catherine there was an employee called Thomas Hastie. He was also a blacksmith living in The Smithy Bothy. John remained at Rumbling Bridge smithy until around 1925.

In 1919 a second brother, David Fenton Dobie died, this

Aerial photo of The Smithy, Rumbling Bridge showing the main house with the blacksmith shop behind to the left and the petrol pumps to the right



prompted his father Gilbert Sr (my Great Grandfather) to contact his youngest son Campbell who had emigrated to New Zealand and ask him to return to Scotland to help and take over one of the blacksmith businesses. At first he managed the Fife Smithy, but in 1925 he took over the Rumbling Bridge Smithy from his older brother John.

By 1951 The Blair Hill Estate had decided to auction the Rumbling Bridge Smithy property, my Father Campbell L Dobie purchased it for £350. In 1950-60 the business had evolved to include, aside from the smithy, a taxi service, a petrol station, the Raleigh Cycles agency and a carpentry workshop. My father also ran his truck contracting business from the Smithy house at that time. Campbell Snr (my grandfather) remained living at the smithy house until his death in 1975.'

Some of the community have their own memories of The Rumbling Bridge Smithy.



Gilbert Dobie Snr aged 51



Isabella Allan Paterson (1882-1970), wife of John Dobie (1879-1954), at Smithy House, Rumbling Bridge

'I remember my dad stopping for fuel and the attendant pumping the handle to fuel the car in the 60s'

'Fuel was 4½d per gallon; this equated to 1½ pence per litre. How times have changed!'

'My late Dad told me to take the horses from Craigton Farm to get new horseshoes fitted, I remember the smell when he burnt them on its feet.'

If you would like to contribute and are not on Facebook you can contact Di Dawes by email di@farmerdawes.co.uk.

Facebook group 'Fossoway Memories'

Photographs: Campbell Dobie

News From The Health Centre



FAILURE TO ATTEND

We continue to encourage our patients to cancel their unwanted appointments. We can always offer a cancelled appointment to other patients, even if it is cancelled only an hour before.

WASTED APPOINTMENTS (and running total)

- July 2022 – 148
- August 2022 – 192 (340)
- September 2022 – 187 (527)
- October 2022 – 118 (645)
- November 2022 – 156 (801)
- December 2022 – 158 (959)

You can cancel your appointment in a number of ways:

- Telephone us on 01577 862112. If you are unable to wait on the phone you could also:
- Email us at: lochlevenadmin.tayside@nhs.scot
- Text CANCEL if you receive an appointment reminder by text message
- Cancel an appointment using our website at <https://www.lochlevenhealthcentre.co.uk/clinics-and-services/appointments-tests-referrals/appointments-with-the-doctors/cancel-an-appointment/>

Thank you for helping us to make the best possible use of all of the appointments we have available.

E-Triage

WE CONTINUE TO receive positive feedback from our patients in relation to our e-Triage service. E-triage provides an additional way for patients to contact us and tell us about their symptoms, just as they would on the telephone. The service reduces the number of patients contacting us by telephone, so as more patients begin to use it, we hope that call waiting times will be reduced, and those with urgent enquiries will get through to us more quickly.

The service is available from 5.30 – 10am each day and may be useful for patients who perhaps start work before our telephone lines open, or who are unable to wait in a telephone queue.

NHS 24 App

NHS24 HAVE LAUNCHED an online app which, if you live in Scotland, allows you to find your nearest services and to assess your symptoms to find out what you should do next.

The Find my Nearest function allows you to locate health and care services within your local area by using your postcode or location. You will be able to see how far away each service is, if it is open or closed and contact details for the service.

The chatbot function allows you to answer questions and find out how to get further advice for:

- Running out of medicine
- Eye problems
- Flu-like illness
- Lower back pain
- Urinary tract infections (UTIs)

The app is compatible with both Android and iOS devices.

The App allows you to find appropriate self-care and health services so you can access the right care, at the right place.

You can find out more at www.nhsinform.scot

Touch-screen check-in

I'M SURE SOME OF our patients will have noticed that our touch-screen check-in has been missing for quite some time. We are pleased to let you know that an upgraded version will be installed soon.

We hope that this will streamline the check-in process and we look forward to hearing your feedback on this over the coming months.

CERVICAL CANCER PREVENTION WEEK

CERVICAL CANCER PREVENTION is a UK-wide initiative led by Jo's Cervical Cancer Trust. The aim is to highlight the importance of cervical screening and how attending a screening invitation can help to prevent cervical cancer.

Cervical screening is routinely offered to anyone with a cervix in Scotland between the ages of 25 and 64 every 5 years. You may be recalled more often depending on your test results. You will no longer be invited for cervical screening after the age of 65 unless results from previous screenings showed changes that need to be monitored. If the results from previous screenings showed any change, you will be offered screening

until you are aged 70.

Do I Need Cervical Screening?

YOU SHOULD CONTINUE to have regular cervical screening, even if you:

- haven't been sexually active for a long time
- have been through the menopause
- have had the HPV vaccination
- have had a subtotal hysterectomy - the removal of your womb (uterus) but you still have a cervix
- are a lesbian or bisexual - HPV can be passed on through other forms of sexual activity

You might not need screening if you:

- have had a total hysterectomy

(removal of both womb and cervix)

- are pregnant
- have given birth in the last 12 weeks
- have never been sexually active (as there's less risk of you having HPV)

If you get an invitation and aren't sure that you need cervical screening, speak to your nurse or GP.

Please take up your invitation to attend your cervical screening test. It saves lives. If you have received an invitation letter, please call our Reception Team on 01577 862112 and ask for an appointment for a smear test. Further information is available on the website of Jo's Cervical Cancer Trust: www.jostrust.org.uk Tel: 0808 802 8000

Kinross Hub Feb 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

Wed	Thu	Fri
<p>1st 10am to 12pm drop-in for HomeStart Breast Buddies group 01738 638847</p> <p>2pm - 4pm PKC Social Work for signposting and support. 01577 867300</p>	<p>2nd 10am to 12.30pm Welfare Rights will offer support and advice for accessing benefits and ensuring income maximisation</p>	<p>3rd 11am to 2pm Employability4All 1:1 Support for employability from school leaver to age 67 Individual or whole family service offered, focused on alleviating poverty. 07743557637</p>
<p>8th 10am to 12pm drop-in for HomeStart Breast Buddies group 01738 638847</p> <p>1.30pm – 3.30pm Helen from CATH will support with form filling – PIP, Universal Credit etc 07739 858987</p>	<p>9th 10am to 12.30pm Broke not Broken Danielle will be here to offer advice, connecting to support and also for foodbank referrals. 07518 913107</p> <p>1.30pm – 3.30pm PKC Employment Support Team Job advice and help those who have learning disability, acquired brain injury, mental health issues or autistic spectrum diagnosis 07442 934454</p>	<p>10th 10am to 12.30pm Declan Jones, Social Prescriber - Community Connecting/Signposting 07557 488902</p>
<p>15th 10am to 12pm drop-in for HomeStart Breast Buddies group 01738 638847</p> <p>1pm – 3pm Support Choices will be here to offer independent information and advice about getting social care and support 01350 729130</p>	<p>16th 10am to 12.30pm Mel from Perth and Kinross Domestic Abuse Service with Advice for women over 16 experiencing or having experienced Domestic Abuse.</p> <p>1pm – 3pm Declan Jones, Social Prescriber - Community Connecting/Signposting 07557 488902</p>	<p>17th 10am to 12.30pm Karen from PKC Skills & Employment offers support & advice re CVs, Job search, support after redundancy etc. 07867 351268</p>
<p>22nd 10am to 12pm drop-in for HomeStart Breast Buddies group 01738 638847</p> <p>1.30pm – 3.30pm Helen from CATH will support with form filling – PIP, Universal Credit etc 07739 858987</p>	<p>23rd 10am to 12.30pm Broke not Broken Danielle will be there to offer advice, connecting to support and also for foodbank referrals. 07518 913107</p> <p>2pm -4pm Louise from PKC Housing Team for</p>	<p>24th 11am to 1pm Social Security Scotland offering advice on their benefits – Carers Allowance Supplement, Child Disability Payment, Funeral Support Payment, Best Start Grants etc.</p>

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

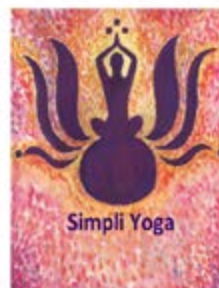
Declan Jones, the social prescriber, will connect you with local community groups, supportive exercise sessions, walking groups, green/nature prescribing activities, volunteering, learning opportunities or help you link with another agency. Declan can be contacted on 07557 488902 or declanjones@pkc.gov.uk

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.

THE KINROSS NEWSLETTER

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TWO MICHAELS AND A MARATHON GIRL

Winning Ways

by Jo Middlemiss

'MICHAEL' IS THE kind of guy you might find annoying. He is always in a good mood and always has something positive to say.

When someone would ask him how he was doing, he would reply, 'If I were any better, I would be twins!' He was a natural motivator. If an employee was having a bad day, Michael was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Michael and asked him, 'I don't get it! You can't be a positive person all of the time. How do you do it?'

Michael replied, 'Each morning I wake up and say to myself, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood. I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining, or I can point out the positive side of life. I choose the positive side of life.'

'Yeah, right, it's not that easy,' I protested. 'Yes, it is,' Michael said. 'Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live your life.'

I reflected on what Michael said. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Michael was involved in a serious accident, falling some 60 feet from a communications tower. After 18 hours of surgery, and weeks of intensive care, Michael was released from the hospital with rods placed in his back.

I saw Michael about six months after the accident. When I asked him how he was, he replied. 'If I were any better, I'd be twins. Want to see my scars?'

I declined to see his wounds, but I did ask him what had gone through his mind as the accident took place.

'The first thing that went through my mind was the wellbeing of my soon to be born daughter,' Michael replied. 'Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or I could choose to die. I chose to live.'

'Weren't you scared? Did you lose consciousness?' I asked.

Michael continued, '... the paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the Accident and Emergency Department and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read, 'He's a dead man. I knew I needed to take action.' 'What did you do?' I asked.

'Well, there was a big burly nurse shouting questions at me,' said Michael. 'She asked if I was allergic to anything. 'Yes, I replied.' The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'Gravity!'

Over their laughter, I told them, 'I am choosing to live. Operate on me as if I am alive, not dead.'

Michael lived, thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. Attitude, after all, is everything.

Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. After all today is the tomorrow you worried about yesterday.

Another Michael I want to mention is Michael Watson. Do you remember the scene all those years ago, when he was a young man in peak condition, preparing for a championship fight with Chris Eubank. He would never have thought that that night he would be fighting for his life, after a big knock down, with doctors thinking he would never walk again, even if he lived. Michael was in a coma for weeks on end, endured many operations, and fought his way back through rehabilitation. Later, he set out to walk the Marathon Course to raise money for people who are brain injured. It took Paula Radcliffe 2 hours and 15 minutes and it took Michael seven days! Both completed in record times, and personal bests. Both had different goals and dreams on very different levels, and both achieved their dreams, with the help of others, and a huge amount of determination and self-belief. I believe that Paula Radcliffe was an amazing champion because her defeats and failures were so public. It must be heart breaking to be fourth at the Olympics. Did that stop Paula? No way. She learned that she just had to do things differently, if she wanted to achieve her dreams.

These are three stories of inspirational people who knew they had more to give and were determined to give it. They knew that whatever is happening there is always a choice to make. What kind of choices are you going to make this week?

Jo Middlemiss MBE

**LOOKING FOR HELP
WITH SOCIAL CARE & SUPPORT?**



Support Choices will be attending Loch Leven Health Centre drop in session on Wednesday 15 February from 1pm to 3pm. Come along for a chat about anything social care and community supports.

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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.

Milnathort and Orwell Community Council

News from the December Meeting

Present at the meeting held on 8 December were Cllrs M Thomson N Bingham, A Macrae, K Heneghan, P Britton, A Wanless, PC Samson, PS Craig, Cllrs N Freshwater and D Cuthbert and 2 MoP.

Apologies were received from Cllrs A Ward, W Robertson and R Watters.

Police Update

PC Samson was present at the meeting and updated the meeting with the following information.

Crimes Of Note

Section 38 Criminal Justice and Licensing (Scotland) Act 2010 (threatening & abusive behaviour)

Section 90 Police and Fire Reform (Scotland) Act 2012 (Police assault)

1 x 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.

Traffic units from Perth have also been carrying out regular speed checks in the area and have issued tickets over the last month for speeding and various other road traffic offences.

PS Craig referenced the road traffic accident at the roundabout at New Road and South Street in November and gave the attendees a chance to ask any questions. There were none directly asked and comments were made that no speed reduction methods would have avoided that accident. The Speedwatch campaign was mentioned with reference to the funding being sought by Fossoway CC. PC Samson offered to share the link for those wishing to volunteer to support this campaign and that a number of the CC who wish to volunteer will complete initially as a trial to help avoid issues with future volunteer completion that appears to be a common problem.

Neill asked if they had any leaflets or information that can be shared. PC Samson responded that he will look to see what they have and to possibly speak to Fossoway CC to see if they have anything that can be shared.

CC Business

Update on damaged wall along from Burleigh Castle.

Kevin updated that he had written to the landowner with regards the wall at Burleigh.

Malcolm mentioned that it looked like the cracks on the Burleigh Bridge had changed in size.

It was raised by Audrey that the lid on the dog bin at path at the old trainline in Auld Mart Road was broken and that the fencing/safety railing at the entrance to Auld Mart Road is in need of repair. Cllr Freshwater took the action to speak with PKC on both items. Audrey will send photos of both to Cllr Freshwater.

Cemetery Provision

A question was asked about the future cemetery provision needs for the Kinross-shire area as there appeared to be no space within Milnathort cemetery, and through discussion

with the PKC councillors it appears that there is a need to increase cemetery provision through the whole of the Kinross-shire area and that there were ongoing plans to increase the provision at the Kinross North Cemetery.

Loch Level Pollution

Cllr Cuthbert updated the meeting on a meeting on this subject attended by all the Kinross-shire PKC councillors with Scottish Water, SEPA, NatureScot, Assistants from Jim Fairlies MSP's office and PKC officers. There was a lot of full and frank discussion on the topic, however Scottish Water or SEPA could not quantify the amount of sewage that is discharged into the loch when there are high levels of rainfall. They acknowledged that there is monitoring equipment, however could not confirm what was being monitored. They have been asked to provide more data and detail on the size of the issue at the next meeting in April.

Some discussion on what may be a cause of the increase in pollution and the increase in phosphate level that is responsible for the increase in algae is the increase in number of houses, the run off of water from surrounding farms and climate change.

Cllr Freshwater commented that there was no acknowledgement from Scottish Water that there was a problem, which may be due to the lack of evidence and data from their monitoring equipment.

Scottish Water admit that raw sewage is entering the loch, possibly at an increased level and the options to combat this are potentially expensive.

Discussion in the meeting highlighted that we should first understand what the problem is, the size of it and then have future discussions on the solutions and costs once we are in a position to know how to combat it and not avoid the discussion because it may be expensive in the future.

The community council took an action to reach out to all other Kinross-shire Community Councils to establish a working group of one member each to determine what we can do to raise awareness and to determine what we can do as a community to get the answers we require.

Core Paths

Kevin Heneghan gave the following update:

Jobs for the winter months include replacing and erecting new waymarkers. A priority is to waymark the core path at Hattonburn where the path has been clearly left by the farmer. It's important that the path is clearly marked so people will use it and not walk on the field. Another winter job is infilling depressions on the core paths. We'll obtain infill materials and hire a whacker plate to compress the infill to form a smooth surface. We did this successfully earlier this year and will repeat the process where needed.

There are a couple of areas where bushes need to be cut back, particularly on the path linking the old Arlary railtrack to the east edge of the Community Woodland Core Paths and we'll tackle these at the beginning of next year.

Laura Muir

Congratulations to Laura Muir, for winning the Female Athlete of the Year 2022 at the Scottish Sports Awards.

Thanks to Laura and the staff and pupils of Milnathort Primary School for turning out on an in-service day, to unveil Laura's plaque and road sign, Muir Way at Pacehill, it made a number of papers including the *Courier*, the *Times* and others.

Community Council News

Also thanks again to the staff and pupils of Milnathort Primary school who helped to plant the 30 tree samplings in Tillywhally woods. The pupils are now using the woods to help support their outdoor learning.

Comments And Questions From The Floor

An audience member asked what was happening with the parking at Burleigh Sands and specifically around those paying for parking so they can camp on the loch side, this will obviously encourage this behaviour. This appears to be contrary to what the public would like to see, where there needs to be a reduction in camping due to the mess and litter left behind. The CC contacted NatureScot about this at the time but do not believe there has been a reply at this time so will check for an update.

Councillors' Reports

Cllr Cuthbert: there has been a briefing from a developer with regards to the BCA site in Kinross. They can develop a space/building to accommodate 3 large stores and a drive through. Some retailer names were mentioned however this is in the early stages and no planning application has been submitted. It is dependent on the flood defence improvement at the Cleish which has gained Scottish Government approval, there was also a request to add a path/road to the loch.

The next meeting of Milnathort and Orwell Community Council will be held on 9 February 2023 at 7.30pm.

Fossoway Community Council

News from the November Meeting

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

Present at the meeting held on Tuesday 1 November were Cllrs S Bruce-Jones, T Duffy, N Marchant and G Pye; Cllr D Cuthbert and Nine MoP.

Apologies: Cllrs N Freshwater, W Robertson and R Watters; Cllrs A Cheape and F Hansraj-Jackson; Assoc. Cllr C Farquar.

Police Report

Since 4 October 2022 there have been 18 calls to the police from the Fossoway area and two crimes recorded on police systems.

Police Scotland has issued guidance in relation to housebreakings and security advice as we come into the winter months: <https://www.scotland.police.uk/advice-and-information/your-home/your-house/>

Police Scotland has also seen a rise in frauds via different messaging platforms whereby the suspect contacts the victim pretending to be a family member and asking for money because their phone is broken.

The community policing team held 'Coffee with a Cop' on Saturday 15 October in the Crook of Devon Church Hall. There were several people from the community passing by with questions. Police Scotland and the CC will repeat this but a regular feature is difficult to fit in with work schedules.

Pop-up Copper

These are cardboard cutouts of police to be used as a deterrent to speeding. If communities would like one they need one lead person who will take it out every morning and in at night. The cardboard cut-outs need to be strengthened with some wood, and the structure needs to be chained to a lamp post or similar. Cllr Bruce-Jones reported that there has been a good response to this idea from both Drum and Rumbling Bridge residents.

Each community needs to fundraise for their own cut-out: the cost is just under £100 plus the cost of wood, a padlock and chain. The CC could combine the orders to reduce delivery costs.

Cllr Cuthbert has spoken to a senior Police Officer and suggested that it would make sense for the Police to hold a stock of these and lend them to communities.

From the Commander's Report: At some point between the hours of 5am on Thursday 6 and 4pm on Sunday 9 October, a Santa Cruz Mountain Bike, a Trek Hybrid E-bike and an Orbea Hybrid E-bike were stolen from a property in Mossend Green, Powmill.

Matters Arising

Fossoway Area Transport

Cllr Duffy attended the Kinross-shire Transport Forum Group meeting, chaired by Cllr Cuthbert. We are very fortunate to have two bus experts on this group. The north-south route is now well serviced in Kinross; it is east to west we need to improve; the 202 extended to Loch Leven Community Campus, timetables that suit commuters, bus service on A91 and to Glenfarg. Cllr Cuthbert explains that the contracts are being negotiated for next year, with tender documents being prepared now. The Group has prepared two new documents which have input to the process. Currently school bus and public transport are separate contracts but it seems like there could be gains by combining the two.

Road Safety In FDCC Area

(Including A977 Mitigation And Carnbo)

PKC have provided the CC with a list of outstanding work in Kinross-shire. Rather than attempting to prioritise these items individually, Cllr Marchant proposed that we decide what things are important – safety, infrastructure (e.g. footpaths to bus stops, safe crossing points, etc.) and apply these criteria to all the jobs. This would help to create fairer relative priorities with other communities in Kinross-shire.

A Carnbo resident pointed out that there are no paths in Carnbo from one end to the other.

A MoP expressed concern that won't be enough money to carry out all these schemes, and this was already a concern for members of the CC, however Cllr Robertson had assured Cllr Duffy Trudy that the money for all these things is already in place and ring-fenced.

There was discussion about the need for a pedestrian crossing in Carnbo, but opinions varied about it whether it should be like the one in Blairingone that stays on red if the approaching vehicle is exceeding the speed limit.

Noise Disturbance At

Fossoway Primary School Play Areas

There are plans to schedule another meeting to discuss next steps and progress. All relevant local stakeholders will be invited. There is no date for this meeting yet.

Head teacher Paula reported back to this CC that the basketball hoop has been taken down. We now wait to see if this helps.

Community Speed Watch

The CC has applied to the Community Investment Fund to purchase speed-measuring equipment. More volunteers are needed to make effective use of this. When this scheme was operated in the past it did have some effect on driver behaviour. A team of three people are needed to operate the equipment.

Cllr Marchant pointed out that this will help create an evidence base that could encourage the Police to attend.

Road Adoptions

Cllr Cuthbert has consulted PKC's highways department and the question about Drum is now resolved.

Access to Cash in Kinross-shire

Cllr Marchant has received the following feedback from Bank of Scotland:

Bank of Scotland ran a three month pilot of Community Banker at the start of the year in Millbridge Hall. They attended

on a weekly basis for 12 sessions offering banking support (basic account enquiries, education and support of other banking channels) and supporting some businesses. Thirty one customers used the service; nine used the service more than once. The service was also run in three other Scottish locations, but Kinross was suspended as it received the fewest customers. Perhaps it wasn't publicised well enough.

The mobile branch visits fortnightly for three hours with a colleague to support customers with cash and banking queries. Around 200 customers used it in 2021, nine of which are regular users, with the majority of users also using our Perth branch.

We conclude that we're not going to get one bank to establish a physical branch again, so Cllr Marchant is now working on establishing a combined bank instead.

Ditch Management Scheme Drum

The CC had previously asked PKC if they could coordinate ditch clearance across all the villages, but no reply as yet. Scottish Water has suggested that they may help with funding if a co-ordinated scheme could be established.

Cllr Bruce-Jones reported that there has been some positive response from land owners in Drum with regards to a co-ordinated plan in Drum, but not so much in other areas.

Crook and Drum Growing Together

The group received a grant from the Nature Restoration Fund. Last weekend the orchard area was tidied up and native bulbs planted with a group of 10 volunteers and three children. Fruit trees will go in in February/ March.

Blairingone War Memorial

It appears that this could be about to happen!

Consultations

Open consultations for the public to comment on:

Cycling Framework for Active Travel: *Cycling framework for active travel - Scottish Government - Citizen Space (consult. gov.scot) Closes 19 Dec 2022*

Your Police 2022-2023: <https://consult.scotland.police.uk/strategy-insight-and-innovation/your-police-2022-2023/> **Closes 31 March 2023**

Scottish Government - Small Landholdings Modernisation: <https://consult.gov.scot/agriculture-and-rural-economy/small-landholdings-modernisation/> **Closes 14 January 2023**

PKC Corporate Plan and Budget 2023-2024: <https://consult.pkc.gov.uk/corporate-democratic-services/corp-plan-budget-2023-24/consultation/> **Closes 20 November 2022**

New Business

Prior to the re-election of the CC members Cllr Duffy collected application forms from all the current members and sent them in to PKC together. Unfortunately Cllr Cheape's form wasn't entered in the election and thus he is no longer a CC Member. It's not clear where his form was mislaid, but Cllr Duffy apologised to Angus for the loss. At the next meeting of this CC, Angus will be appointed as an Associate Member, and as soon as possible he will be co-opted back onto the CC.

Community Council Business - Meetings attended

Cllr Marchant attended Kinross-shire and Glenfarg Stronger Communities on 1 November. Broke not Broken advised of the PKC Cost of Living Fund that organisations can apply for to run activities in local spaces, such as coffee and a chat craft events. In addition to getting members of our communities together this can also provide a cosy space during the winter. An application form is available at: www.pkc.gov.uk/costoflivingfund

A copy of the timetable for the Advice Hub in Kinross was also shared and will be posted on our Facebook page and Community Notice Boards.

The PKC Planning representative advised that they would start

to engage with communities on LDP3 in May-July 2023 and that CCs should receive communication regarding this shortly. The CC stressed that this is an opportunity for communities to influence the future direction of developments.

The next Kinross-shire area committee meeting will be at the end of this month, the full agenda is not yet available but road safety will be included.

Cllr Duffy attended the Kinross-shire transport Forum group meeting.

P&K Councillors' Reports

Cllr Cuthbert: There is a **£25M black hole in the budget. Discussions are beginning now.** A Poverty Action Task Force has just been formed by PKC. Cllr Cuthbert is a member.

Planning

Applications

22/01542/FLL Extensions to dwelling house and formation of decking at Devonbank, Crook of Devon, Kinross. No CC comment.

22/01599/FLL Extension to dwelling house at High Station, Rumbling Bridge, Kinross. No CC comment

22/01577/FLL Siting of 2 storage containers at Land 50 metres southwest of Cairnwell, Drum. No CC comment

Decisions

22/01482/FLL Extensions to dwelling house, erection of porch and formation of raised decking at Ivybank, Drum, Kinross. The application was refused, the CC had not commented.

At the last meeting of this CC, Cllr Cuthbert informed us about a new rule recently passed by the Council, which would direct planning applications to the Planning Committee if there was an objection from a CC. This rule is not yet active, as it has to be approved by the Scottish Government as a change to delegation rules. The rule will also only apply to material planning objections.

Correspondence

PKC's Leadership Team, including the Chief Executive, will hold their regular meeting in Kinross in December. The CC has been invited to attend – Cllr Marchant will accept the invitation.

AOCB

A MoP reported that Seamab School's car park has large floodlights which appear to be on all the time, which is wasting power and affecting other properties. The CC will write to the School.

A MoP asked the CC if they were aware of how the equivalent to the Government Energy Bill Relief payment for consumers who don't have mains gas will be paid. After the meeting it was found that the Government's intention is that £100 will be paid via the consumer's electricity bill. No timing for this payment has yet been announced.

The next meeting of Fossoway Community Council will be held on 7 February 2023 at 7.30pm at Carnbo Village Hall..

Portmoak Community Council

The January Portmoak CC meeting was cancelled. The next meeting will be on Tuesday 14 February at 7.30pm, online.

Kinross Community Council News from the November Meeting

Present at the meeting on 22 November were Cllr L McKay, (Chair), D Colliar, W Freeman, H Phillips, E Leslie, H Phillips and C Collins, Cllrs D Cuthbert and W Robertson and 3 MoP.

Apologies: Cllr R Watters, Cllr N Freshwater, Cllr T Stewart, Cllr M Wilson and PC B Samson.

Police Report

PC B Samson was unable to attend the meeting but had forwarded a report. Cllr W Freeman advised that there had been a number of driving-related incidents (drink driving, driving without a licence, driving without valid insurance and riding without a crash helmet (2 people reported to the procurator fiscal) and 2 thefts by house-breaking, both of which were still subject to live investigation.

The meeting was advised that Community Officers are aware of regular areas where there are complaints about speeding in and around Kinross. These have all been added to our speeding matrix and Officers will continue to make efforts to carry out speed checks across the area during patrols. Traffic units from Perth have also been carrying out regular speed checks in the area and have issued tickets over the last month for speeding and various other road traffic offences.

Matters Arising

Kinross Town Centre

Cllr L McKay advised that the cobbles in the High Street were sinking, and that the bollard outside the opticians was still to be replaced. It was also noted that a walk around the town centre would be arranged for January.

With regard to the street lights, Cllr Robertson reported that he had been advised that these were at the correct illumination and that lighting should improve now that the leaves had fallen from trees.

With regard to the letter to SEPA in respect of the Loch, Cllr Robertson advised that he had not yet received a response.

Members were advised that Cllr McKay was still trying to contact the Lodge with regards to the sound equipment and an update would be given at a future meeting.

Minutes of the meetings are now uploaded onto Facebook and the website.

The issue of the removal of the trees at the Green Hotel had been reported.

Members were advised that a PKC officer had advised that the wall at the Green is required to be repaired and the owner would be responsible for doing so.

Complaints continue to be received with regard to Burns Begg Street.

Cllr Robertson had recently attended a coffee morning at the sheltered housing complex to discuss the concerns they had raised previously.

The issue of a crossing being introduced in the High Street, down from the chip shop, had been raised but members felt that this would take away too many parking spaces, thereby causing other issues.

Cllr McKay raised the issue of parking at Millbridge Hall, with car owners parking where spaces do not exist, causing further issues with entering and exiting.

Speedwatch Campaign

Cllr Robertson advised that Fossoway CC were happy to act as co-ordinators for the campaign and while a funding application had been made to the Community Investment Fund for equipment, there was now a need for volunteers to come forward. Cllr Phillips advised that there was an article in the next edition of the *Newsletter* on the campaign. Teams of 3 are required to monitor vehicle speeds in the locality by recording the date/time/speed/registration number using a speed gun. This information would then be handed over to the police and if speeds were deemed to be excessive, the police would speak to the relevant drivers. One member of the audience volunteered.

Road Safety Issues

Cllr McKay asked for an update on the vehicle activation signs. Cllrs Robertson and Cuthbert had circulated the list of road safety issues for the area and asked for the CC to review this and send

comments back ASAP to Cllr Cuthbert and the Councillors.

It was noted that the list contained over 800 issues and that some of these works had been delayed due to staff issues at PKC. Cllr Cuthbert also suggested that the issue at the Sycamores be near the top of the list.

Cllr McKay advised that the path in Springfield Road had been repaired but was now in a worse state than it was previously. Cllr Robertson agreed to look at the path and report to PKC.

Planning

New Applications:

22/01743/FLL alterations to garage to form ancillary accommodation, and erection of a garage at Gellybank Cottage, Kinross

22/01884/FLL extension to dwellinghouse and formation of roof terrace at 51 Muirs, Kinross

22/01571/FLL renewal of permission 16/01837/FLL (erection of a dwellinghouse and garage) at land 50 metres northwest of Cruachan, Old Cleish Road, Kinross

Decided Applications

22/01633/PNA erection of an agricultural building at land 40 metres southeast of Goudierannet Farm, Kinross, refused.

02/01820/FUL two storey extension to house at 42 Gallowhill Road, Kinross, approved.

Other Planning Matters

22/01004/FLL erection of a retail unit (Class 1), formation of parking areas, landscaping and associated works (LDP site E21) at Auld Mart Business Park, Kingfisher House, Orwell Road, Milnathort, Kinross

Cllr Cuthbert advised that the above planning application had not yet been discussed by PKC and whilst there was a meeting scheduled for the following day, the application was not on the agenda.

22/00005/PREAPM Davies Park, Springfield Road, Kinross, KY13 8BA – covered earlier in the meeting.

It was noted that a public meeting had been arranged for 25 January 2023 at 7pm in the Parish Church where a presentation on the application, the work done and responses from government bodies would be given.

Members were also advised that there was a meeting with James Gardner (PKC Community Empowerment Officer) arranged for 14 December to discuss community ownership and KCC were invited to attend – Cllr Leslie agreed to attend and provide an update to the next meeting.

Cllr McKay commented that she had been advised that community ownership would impact the available funding for the parks and while this was agreed with, Cllr Cuthbert commented that while it would be worth exploring, everyone needed to be aware of the implications. In response to a question from the public, Cllr McKay advised that funding applications had not been submitted due to manpower issues, and she again confirmed that PKC wished all work to be completed at the same time. Work is estimated to cost around £200,000.

A member of the public advised that an environmental impact assessment had been carried out and PKC had confirmed that Miller Homes were appealing the decision made, with the DPEA to respond to the Department of Environmental Appeals. Ward Councillors have arranged to meet with Scottish Water on 6 December to discuss issues, and an update will be given at a future meeting. It was agreed that everyone needed to write to DPEA to express their concerns if Miller Homes were given permission to build on the site and Cllr Phillips is to link in with the various groups to write letters.

Reports from PKC Councillors

Cllr D Cuthbert advised that a consultation from the Boundary Commission had been issued and responses were to be submitted by 5 December 2022, commenting that the population of Kinross-

shire had increased by around 21.8% over the last 10 years.

It was noted that there continued to be difficulties obtaining appointments with GPs and dental practices, and Cllr D Cuthbert had raised these issues with the Integrated Joint Board. School capacity was also causing concern (81% at Kinross within 5 years, Milnathort at 114%, and Cleish joining up with Kinross for around 2 years) and he had raised his concerns with the PKC Chief Executive, asking for the numbers to be verified.

Cllr Cuthbert also reminded everyone that the festive street market was being held on Saturday.

Members were advised that the BCA looked to be changing hands, and a meeting was arranged for 30 November (being held by Zoom) with the CC. It was also noted that The Boat House had been sold.

Reports from Community Councillors

Remembrance Parade

Cllr W Freeman thanked everyone for their support in the Remembrance Parade.

Recycling Centre – Christmas/New Year Opening

Cllr Freeman advised that the opening/closing times for the recycling centre were to be changed over the festive season.

Christmas Light Switch On

The Christmas lights would be switched on Saturday at around 6.30pm/7 pm at the Market.

The next meeting of Kinross Community Council will be held on 28 February 2023 at 7.30pm in the Masonic Hall. All are welcome to attend.

Kinross-Shire Local Committee

News from the Local Area Committee meeting

Present at the Kinross-shire Local Committee held virtually on Thursday 24 November 2022 were Cllrs W Robertson (Convener), D Cuthbert (Vice-Convener), and R Watters; S Bruce-Jones (FDCC); D Fraser (GCC) ; F Principe-Gillespie (CBCC); and M Thomson (MOCC), M Butterworth, K Farmer, L Haxton and B Wilson (Communities), L Simpson, K Molley, A Brown and M Pasternak (Corporate and Democratic Services); and I Clark, Iconic Consulting, D Cairns, (CATCH).

Apologies: Cllr N Freshwater

Councillor W Robertson, Convener, Presiding.

Matters Arising

Road Safety

In the absence of D McKeown, Senior Technician, Communities, M Butterworth advised that a written update on road safety in Kinross-shire would be provided to members of the committee following the meeting.

Post agenda note: Information regarding road safety schemes mentioned at committee was circulated to members from D McKeown.

The lowering of the speed limit at Carnbo, from 40mph to 30mph, was identified as a community priority at the Ward meeting with the Kinross-shire Councillors. We are currently working on the creation of this Traffic Regulation Order. It is anticipated that this will come into effect from April 2023.

There are also three outstanding projects from the A977 Mitigation Measures programme in the vicinity of Crook of Devon/Drum. The two priority projects, agreed with the local Councillors and Fossoway Community Council, were the signalisation of the school Road junction and the realignment of the A977/B9097 junction. The traffic signals were installed at School Road but there is still work to be done to complete the footway links. The junction realignment project still must be designed and costed. To date, we have not had the staff resources to progress either of these schemes as resources

have been directed to other priorities of work. It is hoped that these can be delivered in the next financial year.

Upon completion of these two projects, and provided funding was still available, the third project was to be undertaken. This involves the signalisation of the Drum crossroads, the removal of the Puffin crossing (as a pedestrian phase would be incorporated within the traffic signals) and a reduction of the speed limit from 40mph to 30mph.

Blairingone Primary School

L Haxton, Community Planning and Policy Team Leader, provided a verbal update on Blairingone Primary School. He advised that the Development Trust were given access to the former primary school building for a community development session on the 19 November 2022 which seemed to be a success. There was submitted a request by the Development Trust to register as a charity in October 2022 and by early 2023 the Development Trust should have the legal status that they require to submit a Community Asset Transfer. It was agreed at the first meeting of the Kinross-shire Local Committee that a review would be undertaken after 12 months. L Haxton confirmed that an update would be brought back to the February 2023 Committee.

The Proposals Of The Boundary

Commission For Scotland

The approved emerging motion that was submitted to Council on 9 November 2022 regarding the Proposals of The Boundary Commission for Scotland be brought to Committee for noting.

Resolved:

- (i) The contents of the motion, be noted.
- (ii) The Convener of the Kinross-shire Local Committee write to the Boundary Commission regarding the proposals announced on 8 November 2022, expressing members objection to the Scotlandwell area of the Kinross-shire ward being included in the proposed Glenrothes constituency and that this area should instead be included in the Perth and Loch Leven constituency.

Catch – Loch Leven

There was slide based presentation by D Cairns, on CATCH – Loch Leven (Climate Change Through Community Heating) (Appendix 1). Members questions were answered, and the Convener thanked D Cairns for his informative presentation.

Members suggested a combined approach from the local community and the PKC to look at future funding and resourcing to protect Loch Leven.

Committee noted the position.

Supply And Demand For Serviced

Employment Land In The Kinross Ward

There was submitted a report by Head of Cultural and Community Services (22/290) providing information to Committee on the current situation regarding the supply and demand of serviced employment land in the Kinross area; and (2) covering progress the Council is making in relation to developing its own existing employment land.

Resolved:

The contents of Report 22/290, be observed.

Kinross Common Good Fund Applications For Finance Assistance – November 2022

Members of the Kinross-shire Local Committee were contacted via email, and the following decisions were agreed:

- (1) A group of residents in the Broom Road/Broom Court area be awarded a grant of £100 to set up a Neighbourhood Watch Group.
- (2) Light Up Kinross be awarded a grant of £831 towards their Christmas lights.

Resolved:

The grants awarded by the Kinross-shire Local Committee members in November 2022, be noted.



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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



Kinross & Ochil Walking Group

(Affiliated to Ramblers Scotland)

www.ramblers.org.uk/kinross-ochil

Fresh air, exercise, good company and wonderful views. We offer 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 will 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.

Tues 14 Feb, View of the Ochils

This is a gentle walk along the old railway line to Fishcross, returning by a higher route back to Tillicoultry, where we hope to enjoy one of the many coffee shops in town.

Tues 28 Feb, Valleyfield snowdrop trail

A walk through Valleyfield woodland park with its wonderful display of snowdrops and the remnants of a Humphrey Repton designed landscape, home of the former Valleyfield Estate.

Tues 14 March, Devilla Forest, Kincardine

A delightful walk on paths and tracks through the mainly Scots pine forest.

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

Weekend Longer Walks

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

Sun 5 Feb, South Queensferry circular, 8.5 miles

A short walk brings us to a clearing; here we join a good path through a wooded section which offers good views of the Forth and the three bridges. Continuing along the shoreline we pass Dalmeny House and Barnbogle Castle.

Sat 18 Feb, Scone, Macduff's Folly and Lynedoch Obelisk, 7.5 miles

Starting from Quarrymill car park, the walk goes through woodland to Scone. From there we make a long steady climb for the good views to be found at Macduff's Folly. A further climb leads to Lynedoch Obelisk. The return downhill crosses a golf course taking us back to Scone.

Sun 5 March, Craig a Barns near Dunkeld, 7 miles

A varied walk on tracks and paths (some narrow along hillside), through forest and on open ground. Amongst the gradual ascents and descents there will be fine views of crags, the River Tay and hills to the north.

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

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Fairtrade

Fairtrade Fortnight runs from 27 February–12 March and we are asked to support the farmers and workers who grow our food. We are having a coffee morning in the Church Centre on Saturday 4 March at 10-12pm. Please come along and enjoy some Traidcraft goodies and Fairtrade tea and coffee. It will be great to see you there.



Rotary Club of Kinross and District



Santa's Sleigh

Thank you to everyone who turned out in freezing conditions to greet Santa's sleigh before Christmas. The weather was certainly challenging (apologies for any disappointments when we had to postpone trips) but the rewards were fabulous. So many people, happy faces, entranced children and good wishes all along the routes. We absolutely love the sleigh runs and it was great this year to take our routes into some new territory.

On our last night we had a near catastrophe when our generator, which provides lights and music, failed. A special thank you to the local civil engineering contractor who lent us a generator at very short notice. We were about an hour late in starting that night, but no one missed a visit from Santa that night thanks to his generosity.

Thanks to all the volunteers (local individuals and groups) who braved the cold and walked with us. Could you help Rotarians with projects like this, in your community? Get in touch now to find out more.

A total of £3200 was raised through the collection buckets and JustGiving donations. This money will be put to good use in the community. Huge thanks for your generosity.

Young Writer Competition

The Rotary Young Writer Competition is back and this year's theme is 'Peace'. The competition is open to all young people living in Kinross-shire in the following age groups*:

Junior	Up to and including 10 years old
Intermediate	11 to 13 years old
Senior	14 to 17 years old

*Entrants must not be over the upper age parameters for each group on 31 August 2022.

The task is to produce a written or typed story in prose entitled, 'Peace'. The written entry could be fiction or non-



fiction, prose, or a poem, as long as the piece relates to the theme.

- Up to maximum of 550 words for prose entries.
- Up to a maximum of 40 lines for poetry entries.
- No pictures/drawings to be part of the entry.
- All entries to be legible. They can be written or typed.

Entries should be sent to secretary.kdrc@gmail.com by Monday 20 February. Please ensure that entries include your full name and your date of birth.

We look forward to reading your entries and hopefully repeating recent successes; last year we had a national finalist!

An Opportunity For You

It's that time of year for making plans for the months ahead and for personal resolutions. Did you enjoy the sleigh runs? Were you one of our helpers? Could you become a Rotarian and give a bit of your time to similar activities? If you're interested in finding out more about Rotary, joining us at a meeting or getting involved in any of our activities, contact us by email at secretary.kdrc@gmail.com for further details.

Kinross Garden Group



Our January festive lunch was held in January at The Green. It was a lovely meal with very convivial company and delicious food. Our next meeting is on Thursday 9 February in the Kinross Parish Church on Station Road, Kinross at 2pm. Jim Jermyn from the Branklyn Garden in Perth will talk about 'The Dolomites and Eastern Europe – a gardener's paradise'.

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

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

Kinross Camera Club

kinrosscameraclub.org.uk/wp/
www.facebook.com/KinrossCClub



We start the month of February with our Annual General Meeting. This year it will be held via Zoom to ensure that all members can attend and no one is excluded if unable to attend an in person meeting. We will also hold our 'Four-On-A-Board' competition during the second half of this meeting. The competition is very



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Photograph Of The Month; 'Late Autumn Rut' by Dave Martin

informal and is judged by members. Everyone is invited to enter a set of four digital images on any theme which are linked in some aspect and are displayed as a set of four. It is always an entertaining competition which can showcase some very interesting and often unusual topics.

On 9 February the annual inter-club 3-way competition will be hosted by Cupar Camera Club. This is a great evening when three local camera clubs (Kinross, Cupar and St Andrews) go head-to-head showcasing a selection of their best projected digital images for an external judge to critique and score. It is a very friendly and enjoyable get together which gives us a chance to see the work of our neighbouring clubs, always with great sportsmanship. Who will win the trophy this year?

The following week we will be meeting in the Kinross Church Centre to enjoy an evening of ten minute talks. This is an event we have not been able to run in recent years due to the lockdown problems. However, it is back and we are

looking forward to a few of our members entertaining us with short ten minute talks on any photography related topic. Our president then has the unenviable task of choosing a favourite which is rewarded by a shiny trophy at the end of year prizegiving dinner.

Later in the month Ron Bell, a Scottish based landscape photographer, will be joining us to present his talk 'Ron's Scary Munros'. This meeting will be held in the Kinross church hall. It will be great to enjoy a presentation in person on this occasion. We are looking forward to seeing Ron's wonderful Scottish landscapes.

Finally, we have some very exciting news to share; Kinross Camera Club will be holding an exhibition of members' photographs. This will be held at Loch Leven Community Campus library from 1-14 April.

If you enjoy photography and would like to give our club a try or, if you would like to learn more about our activities and events please contact us by email at secretary@kinrosscameraclub.org.uk. All abilities are very welcome and you do not need a fancy camera and lots of gear. You are very welcome to join us for an evening and see if it's for you.

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Kinnesswood in Bloom



January is a quieter month on the gardening front. The baubles were taken down and the tree was dismantled. All the lights were taken in and safely stored for next year. This is also a time for planning and looking ahead to the summer season.

The school pupils will be choosing their seeds to grow in the polytunnel and raised beds. Kinnesswood in Bloom will be able to grow a few things in there too. The plans to refurbish the bus shelter have moved on a bit and we had a meeting



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with Elspeth Bruce from PKC recently to identify suitable funding.

It is also a time for planning and we will be unveiling future plans next month. The Beautiful Scotland theme for this year is health and wellbeing which will be a challenging one to depict with our little figures. It fits in very well with the school curriculum.

We would really like to involve more folk with the work at the school. If we can recruit a few parents and friends for watering in particular it would spread the load, especially during the holidays. Contact John Nicol or Norma Smith if you are willing to help, however small a contribution. It all adds up.

A project this year is to improve our knowledge of wildflowers and produce an information board to illustrate the more common ones locally. The school is also taking part, with the primary 6 class also doing this as part of their John Muir award.

In mid-January we organised a night out at the Well Country Inn where we have our monthly meetings. It gave us a chance to celebrate our 2022 awards and thank some of the people who regularly support our group.



Remember that anyone can join our group and take part in Saturday work sessions when they start again or alternatively maintain a wee bit in their own time.

Kinross-shire Climate Café

The Climate café usually meets on the first Tuesday of the month in Loch Leven Library at 7pm. All welcome. Contact Gosia Stanton by email at climatecafe@kleo.org.uk.



Our first climate café of 2023 welcomed David Cairns who presented a very interesting seminar on the CATCH Loch Leven project to capture heat from Loch Leven. The project is at its initial stage of gathering information to support the idea of this relatively novel sustainable energy source.

David started his talk with a detailed analysis of temperature and flow data for the South Queich tributary, one of the locations considered for a heat exchanger. This tributary on the edges of Kinross contributes about 29 million m³ each year; about one quarter of all loch water. Looking at heat demand in Kinross, large users like companies or public sector require between 0.2 and 3.5 GWhr per year and small users (i.e. private homes) use between 0.01 and 0.02 GWhr. The total demand estimated for Kinross and Milnathort would be in the region of 27 GWhr, while the analysis of water temperature and flow in South Queich indicates a potential of 70 GWhr that could be harvest-ed with a heat water pump.

CATCH Loch Leven proposes a sustainable district heating



system, which is very popular in Denmark and Poland. The system is described in detail in the feature on pp35-37.

Once successful, this sustainable heating system would reduce local carbon dioxide emissions by 10000 tonnes, a huge step towards a net zero carbon future.

Our next guest in February is Ana de Miguel, PKC Waste Reduction Officer. She will revisit our group to present a talk on the best ways to recycle that minimise landfill waste, which is linked to our Council Tax. The next meeting is on Monday 6 February at 7pm in Loch Leven Library. All welcome.

We would like to express our sincere gratitude to the staff of Loch Leven library for their continuing support and hosting of our meetings. Great thanks to KLEO who continue to support our group and local zero waste retailer Sansaar for their support.

For more information about the group or the above meetings contact Gosia Stanton by email at climatecafe@kleo.org.uk.

Kinross-shire Local Events Organisation

www.kleo.org.uk



Kinross Farmers Markets

The farmers' markets will start again in April, with the first market on Saturday 22 April from 10am-2pm on the High Street of Kinross.

The following market dates will be on every fourth Saturday of the month from April to October (apart from July – there is no market in July).

This means that the dates are:

22 April, 27 May, 24 June, 26 August*, 23 September and 28 October from 10am-2pm. During the markets the High Street will be closed from the entrance at Burns Begg Street to the entrance at Montgomery Street.

** Like last year the August market will be a bigger market and will take place at the market park.*

Comedy Night Date Check

Unfortunately we have mixed up our dates and promoted the wrong date in the December Newsletter and on our website and social media for the comedy night. The correct date is 25 February, 8pm at Milnathort Town Hall (and not 11 Feb). This event is now sold out.

Kacophony Orchestra

The Kacophony orchestra is an orchestra for adults who like to play their instruments in a group with conductor Dougie Flower. All abilities are welcome but it is handy if you read music. Please do not worry if you haven't played for a while as we are a very friendly and informal bunch. Sessions take place on Wednesday evenings at 7-9pm at Loch Leven Community Campus. The fee is £5 a session.

Clubs & Community Groups

Leven Voices

This is a fun, informal, drop-in singing group which you can join anytime. No music reading or singing experience is necessary. Tuesday evenings from 7pm-9pm at Kinross Parish Church with Horsecross Arts Tutor Amy Lord. Fee is £4 a session.

Kinross Cubs

As we headed towards Christmas the cubs were getting in the festive spirit by creating their own version of the 'Twelve Days of Christmas' song. There was also time for some colouring in and games.

The final meeting of the term was our Christmas party. Lots of games were played; snowman building, corners, musical statues and the cubs also had a snowball fight. We also had time to do a pack forum as the cubs looked at what they would like to do next term.

Congratulations to Daniel who was invested into the pack just before the Christmas holidays. Bravo!



When we returned in January we had a fun first meeting of the new year as the cubs took part in a pioneering challenge, made posters about Kinross and also went over our Code of Conduct. We also issued challenges to some of the cubs for their personal challenge badge. At the end of the meeting the badges that were achieved last term were presented to the cubs. Everyone had a great time.

Congratulations to Ryan (opposite) who was presented with his chief

scout silver award, the highest award in the cub scout section.

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

On 16 December, the last meeting of term before the Christmas holidays, the beavers had their Christmas party night. The focus was on fun, fun, fun with lots of games played including musical statues, pass the parcel and many indoor snowball fights! The beavers took great delight, and showed no mercy, when they took on the leaders who were picked off with ease! We rounded off the evening by singing carols for parents and carers at pick-up.

We had a fantastic start to the new term when we returned in January. We welcomed two new starts and played lots of games which certainly tired everyone out. The beavers also finished off their faith badge by taking part in the beaver promise game, learning about the promise and how things that they do relate to the four different parts of it. The beavers

also recapped the Code of Conduct which are the rules that we should all abide by. We ended the evening by presenting the beavers with the badges they had achieved last term.

Also on our first night back, some of our lodge leaders and assistant lodge leaders visited Central fish and chips takeaway to present them with a framed picture to say 'thank you' for the free boxes of haggis and chips they provided for the haggis hunt activity we did last summer.

Are you interested in volunteering with scouting? It 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.

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(Nahum Chapter 1 verse 7)

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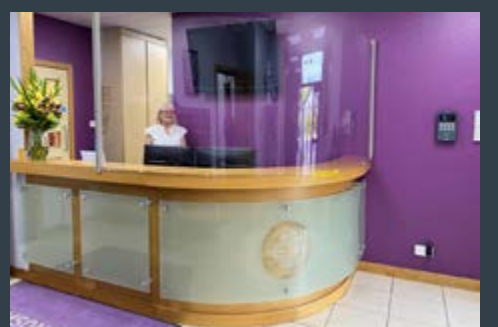
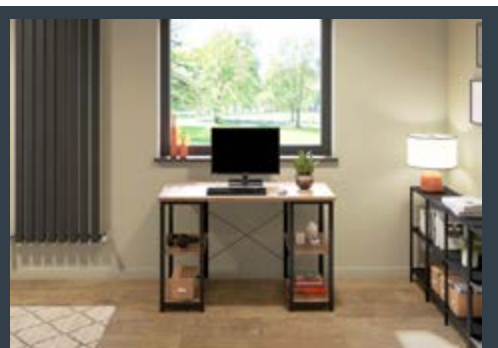
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Kinross and District Town Twinning Association



Go Gacé Go!

The time has come to re-energise our long-standing twinning links with our Normandy neighbours in and around Gacé. Forty nine years ago the twinning links between the two towns was sealed by the signatures of the Provost of Kinross and the Mayor of Gacé on the official twinning charter outside Kinross town hall.

The last time the towns met was in the summer of 2019 when the Gacéans visited us in Kinross-shire. With Covid restrictions having postponed our previous planned return visit, the time has come with the 'all clear' to travel this summer!

The local organising committee has confirmed the dates of travel, depending on which mode of transport is selected. There are currently three options on the table:

- Drive by mini-bus to Portsmouth for the overnight crossing to Caen on Saturday 29 July, returning on Sunday 5 August.
- Fly Edinburgh to Paris Beauvais with Ryanair leaving on Sunday 30 July, returning Sunday 5 August.
- Make your own way there (some twinners like to drive themselves over to Gacé and there may be the odd spare seat available).

There is so much to see in and around our twin town including Bayeux Tapestry, Mont St Michel, Normandy Beach Landings museums, Haras du Pin equestrian stud farm, Swiss Normandy, Camembert cheese factory, Hon-fleur, Pont de Normandy and the delights of Paris are not too far away.

If you would like to join us this summer, please contact twinning secretary David Munro on 01577 862126 to register your interest and to answer any queries you may have.

It is hoped that the secondary schools of both twin towns can re-establish the annual twinning exchanges and this is one particular focus for the forthcoming visit.

We hope to see as many of you as possible at the Better Place to Live Fair on Saturday 25 March.

Metal twinning logo gift presented to Kinross on the last visit in 2019



Kinross-shire Historical Society



Kinross-shire Historical Society were delighted to restart after a covid related break of nearly three years, with a really good turnout of members on a cold frosty evening.

The members were welcomed by the new President, George Sutherland. He also presented the retiring President, Robin Eadie, with a token of the society's appreciation for his 20 years in post. Robin Eadie then gave a short summary of how the society had changed and grown in size during his years at the helm and thanked the committee for their support.

Dr David Munro gave the evening's talk on 'The Storied Landscape of Kinross-shire'. Looking at maps, there are all sorts of names that suggest 'something'. He told the members various stories relating to witches, drinking competitions, the devil, land disputes, a saint and finally the story of Levina after whom Loch Leven is reputedly named. Stories are passed down through time and through families. He asked the members to consider whether or not they thought the stories were true or being used to illustrate a moral or standpoint. Dr Munro has rewritten five local stories which are published in a book titled 'Carlin Maggie'. This book is available to buy at the Kinross Museum.

Ian Russell gave the vote of thanks for an evening of intriguing stories. Members will be looking for these name places as they travel around the county.

Kinross and District Art Club



www.kadac.co.uk



The New Year started well for the club with well attended first sessions of the season. The gap since the club met before Christmas had not dampened any enthusiasm as members brought along artwork which was already underway. As well as quiet periods of concentration, there was a buzz of conversation as ideas were shared and suggestions offered!

The next significant event that everyone is looking forward to is the demonstration on 14 February by renowned artist Colin Joyce. This is Colin's second visit to the club and his chosen topic will be 'Painting a Harbour Scene in Watercolour'. When not working in his studio, Colin teaches art and organises plein air sessions for groups. This is a session not to be missed by our members and associate members. Examples of Colin's work can be viewed on his website at colinjoyceart.com

The next few months will be busy for the club. We will have sessions twice a week from now till the end of May by which time we hope to have produced enough work for our annual exhibition in September.

KADAC welcomes new members throughout the year and we invite potential members to pop along to the Millbridge hall on any Tuesday or Friday at 2-4pm to meet existing members

Clubs & Community Groups

who are always happy to talk about their work. We advise anyone thinking of joining to come along for a few sessions and then decide if they'd like to sign up for membership. It is always a good idea to be there at around 3pm when we all take a break from painting to enjoy a cup of tea or coffee and a chat!

If you are interested in joining the club and developing your own creativity, you will find more information and contact details on our website. The club meets on Tuesdays and Fridays (2-4pm) in Millbridge Hall.

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Loch Leven Community Library is a warm space with comfortable seating, interesting books, free online newspapers and magazines and art materials. We also have free warm packs containing a blanket, hot water bottle, gloves and socks for both adults and children.

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. For any queries, please contact Loch Leven Community Library.

Bookbug sessions are held Wednesday afternoon at 2-2.30pm and Saturday morning at 10-10.30am. They offer fun, friendly sessions of songs, rhymes, and stories. These sessions are suitable for babies, toddlers, and pre-school children to enjoy with their parents and carers. To book a spot at any session, please contact Loch Leven Community Library.

The next meeting of our friendly Friday book group is on Friday 24 February at 10.30am. Contact the library for further information.



Café book club starts back on Saturday 18 February at 1.30pm-2.20pm (after library closing hours). Anyone is welcome to join in but please phone us on 01577 867205 to let the staff know you if you intend to join them.

The Stuart MacBride author talk which was postponed from 17 November will now take place on Monday 20 February. Please note the slightly earlier start time of 7pm. Tickets are £5 each and available to buy in the library. Please note that we can only accept cash payments.

Perth and Kinross Museums and Galleries

The galleries at Perth Art Gallery are currently closed while they receive a refresh, but the doors to the building are open and looking forward to welcoming you. The messy museum in the Marshall gallery is open, as well as our shop, coffee bar and toilets, from 10am-4pm, Friday to Monday.

Why not come along to one of our lunchtime lectures given by curatorial staff and learn about the treasures and stories in the collections and the work that goes on behind the scenes?

10 Feb	<i>Building a new museum for Perth</i>
24 Feb	<i>Curator's Choice; Photography</i>
3 March	<i>Modern Scots</i>
10 March	<i>The East India Company and Perth Museum</i>
17 March	<i>Power to the People!</i>
23 March	<i>Tales from the Natural History Collections</i>

Full details can be found on the Culture Perth and Kinross website at <https://bit.ly/PAGlunchtime>

Friends of Loch Leven Library

Our volunteers provide a limited additional service on Saturdays (1pm - 3pm) and on Mondays (10am - 1pm). If you are interested in becoming a member why not pop in during these hours and we will be happy to discuss what we do.



Milnathort Bridge Club

Christmas 2022 is now history, but members enjoyed their Christmas event with the attendance of Willie Young's students adding to the festive atmosphere. With one pupil at each table, there was the opportunity for them to ask plenty of questions, which they did. Hopefully Willie would have approved of all the answers given!



The club made history again when we accepted the invitation from the SBU and submitted a team to play in the Russell French Team of Four match on Sunday 15 January in Dundee. Jim and Catriona and Sandy Greenhill and Jan Hill ably represented Milnathort. Although they didn't bring home any trophies, they all found the game most interesting, challenging and enjoyable. Well done team!

RESULTS

19 December

North/South	Janet Laird/Jean Bennet
East/West	Elizabeth Harley/Margo Campbell

9 January

North/South	Helen Todd/Bob Robertson
East/West	Colin and Gloria Wilson

16 January

North/South	1st Jan Hill/Jean Bennet & 1st Marion Forbes/Cath Ballantyne
East/West	Linda Bayne/Susie Ballantyne

For further information on MBC activities please contact secretary Gloria Wilson on 01577 862553 or mobile 07961 795815.

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Portmoak Community Woodland Group

www.portmoakcw.org.uk

It is always worth keeping your eyes wide open in our community woodlands. If you're lucky, you might catch a glimpse of a red squirrel or a green woodpecker. Even better than that (as some people found in the dark days of January) chocolates growing on a tree!

One of our members decided to hang up chocolate bars in the community orchard and it wasn't long before word got round on social media and local children came to investigate. We hope they enjoyed this post-Christmas treat and that any protests about having to turn out in foul weather were quickly forgotten, thanks to the magic chocolate tree.

We hope to come up with more fun things for children to do in the months ahead, so please let us know if you have any good ideas. Teddy bear picnics and egg rolling at Easter have been popular in the past but we are open to all kinds of suggestions.

Onto to 'grown-up' projects and January saw us preparing to welcome another group of staff and volunteers from NatureScot. They did sterling work in Portmoak Moss last year, pulling birch saplings out of the central peat bog area. It's incredibly hard work and we were delighted that they were up for another shot. We'll let you know how they got on.

Portmoak Moss is owned by Woodland Trust Scotland and they were also preparing to visit us in January, to discuss new 'interpretation' which can take many forms such as boards, leaflets and signage. They've already installed new interpretation boards in Kilmagad Wood, so we're looking forward to working with them on proposals for the Moss.

So, there is a lot to talk about in this new year and, as ever, you can join in by coming to our informal meetings on the third Tuesday of every month at 7.30pm in The Well Inn, Scotlandwell.

Common Grounds

www.spanglefish.com/commongroundscharitycafe



We are pleased to report a very successful December with old and new visitors enjoying our regular Tuesday and Saturday coffee mornings.

Before Christmas we held our usual festive raffle with the draw taking place on Tuesday 20 December. A good range



Magic Chocolate Tree

of prizes as well as hampers of different sizes were donated, and our sincere thanks go to all those who donated prizes and bought tickets. The main prize of a luxury hamper was won by Robin Caldw. A total of £351 was raised which is an excellent amount!

Thanks to our duty volunteers we were able to remain open over the festive period. A big 'thank you' goes to them and also those who came along for a coffee and social chat. We look forward to another successful year in 2023.

Lomond Antique and Collectors Club



On Wednesday 11 January Dr Martin Hepworth gave us a talk called, 'The Assassination of President Garfield'. James Garfield, born in 1831 in almost abject poverty, rose to the highest position in the land. His father died whilst James was only two years old and he was brought up in a poor shack, contracting malaria at an early age. He undertook work as a school janitor in order to get an education and, aged 23, gained entrance to Williams College becoming school president at 26 and thereafter a professor of mathematics and classics.

Elected to the Senate in 1859, his early career was interrupted by the Civil War where Garfield rose quickly to the rank of General and displayed superior battle tactics to his opponents at the Battle of Middle Creek in 1862.

Garfield attended the Republican Convention of 1880, not as a leadership candidate but to nominate a colleague. Following a messy and protracted series of ballots, Garfield eventually emerged with 399 votes to become the Republican Presidential candidate and on 2 November 1880 and was elected as the twentieth President of the United States. Garfield had not campaigned for any of the elected offices he held including the final one.

Enter Mr Charles Guiteau. Guiteau was a deluded individual with significant mental health issues. A failed lawyer and evangelist with unrealisable political aspirations, he was present at Baltimore and Potomac Station on 2 July 1881 when Garfield arrived to purchase train tickets. Guiteau fired two shots at Garfield, one of which entered his chest on the right side and crossed his body to the left. Garfield was attended by Dr William Bliss who assumed command of the patient and dismissed other doctors who wished to be involved. With almost no attempt at sterilisation of either instruments or

Clubs & Community Groups

the wound, Garfield developed sepsis and, over a period of 9 weeks, saw his body weight drop from 210lbs to 130lbs before succumbing to infection. He died on 19 September 19 1881 and had been in office for just 6 months. The incident caused Alexander Graham Bell (inventor of the telephone) to produce a metal detector. He was permitted to use his machine to identify the location of the bullet, but Bliss would only permit access to the right side of Garfield's body and the bullet was not identified.

Garfield's Vice President, Chester Arthur, was sworn in as President. Guiteau was imprisoned and duly executed. 20,000 members of the public applied for tickets to witness the execution but only 250 attended. Bliss billed Congress for his fees, was denied the full amount, and did not practice medicine thereafter.

Garfield was an ardent campaigner for racial equality and support for the poor. It is to be imagined what a full term as President may have achieved.

Our next meeting is scheduled for Wednesday 15 February and will feature the topic, 'Hopetoun House through 20 objects'.

We would welcome any interested new members. If interested, please contact us by email at crwalsh@btinternet.com

Kinross and District Inner Wheel

www.innerwheel.co.uk

To mark Inner Wheel day on 10 January, members gathered at the house of Margaret Timms for soup and sand-wiches. We are enjoying the return to face-to-face gatherings and the chance to catch up with everyone's news. Thanks to Margaret for her generous hospitality.

Lunch group



We also made a collection of food and toiletries for Broke not Broken.

Sadly, two of our members, Sandra Findlay and May Paterson, have recently passed away. They were two of our longest standing members and will be much missed.

Our next meeting on 13 February will be a talk about jewellery and paper sculpture from Gillian Skene.

For any enquiries about Inner Wheel, please contact Jenny MacLeod on 01592 840520 or by email at jennymac101@icloud.com.



Portmoak Hall 100 Club

December Draw

1st	No 47	Anne Steven, Kinnesswood
2nd	No 33	Lynora Kennedy, Scotlandwell
3rd	No 60	Fiona Drysdale, Kinnesswood

Broke Not Broken

You won't be surprised to hear that December was a busy month for us.



On 5 December we held our annual community Christmas hamper pack. Each hamper was filled with Christmas treats and an envelope of vouchers for the household to access local bakers, butchers and supermarkets. Members of the community came with their families and between them made up over 200 hampers. Our volunteers delivered them all over the course of that week. Many thanks to The Green Hotel, Sandy Baird, Winton's Fine Foods, Hunter's Butchers, Baynes Bakers and everyone who mucked in on the day.

December continued to be challenging as referrals increased and we continue to break records for parcels being delivered week after week. Volunteers continue to step up and give their time and energy, doing it all with a smile on their faces.

Looking back at 2022 there are some distressing figures. A 245% increase in food bank usage from the start of the year to the end. Spending over £20,000 in energy payments. £90,000 spent in supermarket vouchers across all projects. The last week of November saw us supporting almost 200 local people.

However, as Christmas approached, the amount of people donating money to us began to increase. People were donating to us instead of buying cards or presents or donating winter fuel payments or cost of living energy payments if they felt they didn't need them. These donations are incredibly important to us as they give us some flexibility that restricted funding sometimes cannot give. As we compile our annual report and accounts for 2021-22 we know that over a quarter of our income comes from private individuals making donation, so thanks to everyone who was able to do that.

Thanks also to all those who visited our stall at both the winter festival in Kinross and the Milnathort school fair as well as those who gave generously to the Rotary Santa Sleigh when it came through Kinross. We received food donations from everywhere, with some notably huge ones from Kinross Primary and High Schools and Amey. In some cases, our drop off point had to be emptied more than once a day to keep on top of it.

The free wreath making work shop by Bonnie Wee Wreaths

Joanne Kitson and Santa!



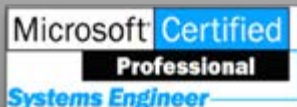


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House captains and vice captains from Kinross Primary with the van load of collections

for our women's group was well attended and so much fun with nibbles, pizza and books for everyone (thanks again to the Scottish Book Trust).

We also completed a fun bag pack in Sainsbury's on 17 December where we helped, or just watched, customers pack their shopping. It was great to interact with people again and it was a great community feeling. Once we calculate the total raised from Sainsbury's we will let you know!

At the last minute we managed to secure some funding to take families to the panto at the tail end of December. They enjoyed a wintery trip to the Alhambra to see Beauty and the Beast.

Pupils and Dr Armstrong from Kinross High School and their van full of collections.



We are moving forward into 2023 in the knowledge that we are well supported by our local community and businesses, that we are forging relationships with our local council and Scottish Government and that we remain committed to addressing the needs of people on increasingly low incomes locally. We would encourage everyone reading this to email our local councillors and politicians to ask what they are planning to do to end the need for food banks in 2023, and to hold them to that.

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

Kinross-shire Partnership



Networking Breakfast

Please join us for the first of our networking breakfast of 2023 on Wednesday 1 February at Loch Leven's Larder, Channel Farm, Kinross. It starts at 7.30am, finishing at 8.45am, although you are welcome to arrive from 7.15am and stay on as long as you wish afterwards. The cost of the event is £15 which includes breakfast, a talk from our inspirational speaker Malcolm Wood and, of course, the opportunity to tell everyone about your business or group (you can choose not to speak if you wish).

Should you take part, you can present a short description of what you offer (also known as '60 seconds') or an elevator pitch, a short, pre-prepared speech that explains what your organisation does, clearly and succinctly. Malcolm is a local entrepreneur whose companies include Peel Tech, Fresh Express Produce and the Real Fresh Chip Co.

Payment for the event is made in advance by bank transfer to the following details, using your name as a reference:- Bank of Scotland, sort code 80-16-79 and account number 00167454.

The aim of the event is promote your business or group, develop relationships and build a support network with like-minded people in the area.

To contact us, email kpnetworkingbreakfast@gmail.com. Or call/text Richard on 07999 510500.

Kinross-shire U3A



u3asites.org.uk/Kinross/home

Members were invited to a meeting in the parish church on 3 January and those attending enjoyed a presentation by local volunteers from Guide Dogs for the Blind. Our thanks to Sheila, Heather and the beautiful Molly (the dog).

Thanks also to David Colliar and William Freeman for their presentation on Light Up Kinross in December.

On Tuesday 7 February David Conner will present a talk on Kinross and District Men's Shed. Doors open at 2.15pm for a start at 2.30pm.

Some of our members suggested meeting at a local venue for a coffee and chat. The first such event will take place on Friday 17 February at the Kirklands Hotel at 10-11.30am. All members are invited to drop in and join us. Meetings will then be held monthly on the third Friday of each month.

The organisation is open to semi-retired and retired people and the joining fee is £15. We have currently 12 varied groups who enjoy activities such as a book club, military history, poetry, scrabble, genealogy and famous Scots, for example. We meet at the parish church on the first Tuesday of each month. In May we hold our Annual General Meeting but each month from September to April we offer a talk to our membership from an invited speaker. Further information is available from our website (search under Kinross-shire u3a).

Kinross Guides

Places are available at 3rd Kinross Guides for girls aged 10-14. We currently meet on Monday evenings in Millbridge hall, Kinross, at 7.30 9pm. Each week we work on a variety of activities and challenges. The girls will be working on natural remedies (various teas to aid indigestion and colds/coughs, face masks etc) as well as a confectionery challenge. Come along and try us out. If you are interested contact us by email at mbs21@btinternet.com.

Boys Brigade and Girls Association



This year the organisation will mark 140 years of working with children and young people. What an achievement and it is also an opportunity to celebrate the difference and impact volunteering can have across the country.

Catering for both boys and girls in four age groupings, we provide a safe, Christian environment where youngsters can develop interests and life skills through a nationally recognised badge and award scheme.

The Kinross company (the oldest local youth group in the shire) has been active for 102 of the 140 years. With a revised award programme which culminates in the King's badge (replacing the Queen's badge), we offer a nationally adopted programme of activities tailored to our four age group sections (anchors P1, 2 and 3, juniors P4, 5 and 6, company P7 to S3 and senior S3 to S6). All sections meet at the Church Centre on Friday evenings.

As well as company activities we are also part of Perth battalion and participate in a range of battalion activities and competitions. In January we competed in both the mini-volleyball and swimming gala competitions.

The company is planning to travel to our twin town of Gacé for a summer camp with a difference. The trip is planned for 29 July–6 August; more details next month.



The Company section preparing for the 1983 Centenary production which took place in the old Kinross High School

Crook and Drum Growing Together



While the weather is cold and wet now in mid-winter, we are already thinking towards our planting for next summer. We were pleased to gain some new volunteers over the last year, including a couple of young families, and anyone else locally would be very welcome to join us.

We have also been working on developing a small orchard area, on council land beside a path towards Waulkmill park, behind the new churchyard. We were lucky to receive a grant from the PKC Nature Restoration fund, and in the autumn we planted 200 snowdrop bulbs, 400 daffodils and 200 plugs of native wildflowers. To add to the existing 6 fruit trees we have ordered 12 more which will be planted when ground conditions improve; at the moment the area is distinctly



wet. Our aim is to enhance the area for pollinators and other wildlife and we are also planning to install a bench and interpretation board this year.

In December we held a busy Christmas wreath workshop with 22 people at the village hall, which was a lovely community event (pictured above). We also sold wreaths to order; many thanks to everyone who supported us, and to the group helpers. The rowan tree on the green was decorated with lights and gold stars, and residents in Drum also did a great job brightening up their cherry tree there.

We are looking forward to the first signs of spring: snowdrops in February at the orchard and the 'triangle' in Drum, followed by daffodils around the village in March. Here's to a healthy and fruitful new year for us all.

You can follow our activities on our Facebook page and the Fossoway Forum group. For any information, please contact Amanda James on 07963 476803, or email amandajames1577@gmail.com.

Kinross Centre

Hi everyone. We hope you all had a lovely Christmas and New Year. As always here at the Kinross Centre our service users continue to be entertained with a full range of activities which are well attended. They also enjoy a wonderful freshly cooked three course meal prepared daily on the premises.

We enjoyed a very busy run up to Christmas with our festive lunch and concert on 14 December. It was just amazing and our heartfelt thanks go to St Vincent De Paul, an anonymous donator, the otry club and all the staff and volunteers who made it such a memorable, fun day.

We also held a carol concert on 20 December with Margaret and the rotary club. Everyone was in great voice.

At the time of writing we are looking forward to our Burns lunch on Wednesday 25 January with Richard as our piper. We hope to have pictures to share with you next month.

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 always a massive thank you goes to all the hard-working staff, volunteers and committee at Kinross Centre. We 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, volunteer or as a supporter. If you would like further information, please contact Nan Cook on 01577 863869.



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Kinross-shire Civic Trust

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Programme

The Trust's Executive Committee will be meeting soon to plan a programme for the year. We hope to be returning to normal in terms of, for example, holding an in-person AGM for the first time since 2019. The Trust plans to have a stall at the Better Place to Live Fair on 25 March.

Loch Leven

In the January *Newsletter*, local councillors and others reported on a meeting with representatives of organisations such as Scottish Water, SEPA and the Centre for Ecology and Hydrology to discuss the condition of the loch. Apparently SEPA states that the deterioration in water quality is not due to increased housing but there was no clear explanation of what the evidence is to support this assertion. The lack of record keeping by Scottish Water is unacceptable.

Miller Homes

As reported in our last column, Miller Homes appealed to the Scottish Government over the need for an Environmental Impact Assessment (EIA) for their proposed 160-house development north west of the Davies Park, Kinross. PKC had previously decided that an EIA was required. A decision was expected in mid December but the Scottish Government has further delayed the decision date. Check our Facebook page for updates.

Raingardens Update

February is going to be an important month for more progress. Restoration work is planned for three wetland areas along the Kinross Raingardens Trail (Junction Road sections; tributary swales and features; and the constructed wet-land at Clashburn Close). There will also be work to source and design new interpretative signs to inform locals and visitors of the local points of interest along the Trail.

Following the prelims, is your child in need of some extra support in Secondary English and / or Maths?

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Or find us on Facebook at

<https://www.facebook.com/englishandmathstutoringkinross/>

Cleish SWI

President Helen Buchanan welcomed 24 members to our January meeting. After business Helen introduced Brian D'Arcy from Kinross-shire Civic Trust who gave us a very interesting talk on pollution in Loch Leven and rain gardens. A vote of thanks was given by Anne Douglas.

Competitions

Winter Photograph: 1st Judith MacLaren, 2nd Pauline Cobbold, 3rd Faye Gibb.

Favourite Winter Hat: 1st Lucy Moran, 2nd Hayley Cassells, 3rd Agnes Thomson.

Pot Plant: 1st Elinor Craig, 2nd Dorothy Morris, 3rd Gillian Skene.

Carnbo SWI

President Heather Dennis welcomed 23 members and guests to our January meeting.

Business over Heather welcomed Alisdair Stewart from ASSET/Aero Space Scientific Educational Trust which is a charity aiming to educate us on all things Aero. Already the pupils at Kinross High have built an aeroplane, a Cosmic planetarium travels around educating us on the planets and stars. They hope in the very near future to convert the area that is the Golf Ball at Balado into a centre of learning and discovery. A vote of thanks was given by Pauline Cobbold.

Competitions

Flower of the month: 1st Linda Band 2nd Pauline Cobbold

Glenfarg SWI

President Linda Martin welcomed members, before Glenfarg SWI member Sheena Chisholm and her husband Alastair gave a very interesting and informative slideshow presentation about their holiday to Tanzania. From Zanzibar, with their guide, they travelled by landrover to the National Parks at Arusha, Tarangire, Lake Mantra, the Ngorongoro Conservation Area, Serengeti National Park, then Kilimanjaro National Park, encountering many protected wild animals, including the big five – African buffalo, African elephant, black rhinoceros, leopard and lion. The vote of thanks was given by Liz Yull.

If you would like to learn more about the SWI in Glenfarg, please simply turn up in the Village Hall, prompt for the 2pm start, on the second Thursday of the month between September and May, at 2pm and bring your own cup. Entry for visitors £4.

Competitions

Pancakes

1st Lillias Johnston, 2nd Linda Martin, 3rd Margaret Swan
Holiday Memento

1st Liz Yull, 2nd Helen Quartermaine, 3rd Linda Martin

Pot Plant

1st Helen Quartermaine, 2nd Linda Martin, 3rd Lillias Johnston

Dawn or Dusk Photograph

1st Heather Dennis, 2nd Linda Band

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Kinross Volleyball

The year 2023 is a special year for our local volleyball club when in August 1983 the club's men's team made their first venture into Europe to play in the Knack Roeselare annual tournament (pictured below).



Kinross High School team in action at Bell's Sports Centre in the Recreational League, 1983

Our local TSB bank provided t-shirts for the team. Each of the six members paid £35 for the weekend, leaving Kinross at 11pm on the Thursday, driving to Felixstowe for the early morning crossing to Zeebrugge.

The team then drove to Roeselare where they set up their tent for the weekend competition which featured over 200 teams. Following the two days of competition the team then drove back to Zeebrugge for the last crossing to Felixstowe and the drive north, arriving back in Kinross at 7 am, just in time for work.

Monday evening training sessions have resumed on Monday evenings (8pm till 9.45pm) at the Campus large games' hall after the festive break. The men's team are currently lying in joint second place in the Perth District Recreational League and in sixth position in the Perth District Premier League.

The Kinross High School team lie in tenth place in the Recreational League having been beset by player availability problems.

Teacher strikes have affected a couple of the Wednesday volleyball sessions but attendance has been good. There will be a 'GO' volleyball promotion (Girls Only) over January and early February to attract younger girls in S1 and S2 to the sport.

There is also an opportunity for senior High School pupils to sign up to 'coach volleyball' through the PKC Active Schools' Aspiring Coaches programme. This scheme is free and open to all S4 & S5 pupils, consisting of a 3-day coaching conference taking place during the normal school day.

Participants will be awarded a Level 1 coaching qualification and can apply as from 1 February.

It is hoped to enter both boys and girls' teams in Scottish Volleyball's festival programme between January and June.

The club is also aiming to enter teams in this summer's Scottish Open Volleyball Tournament taking place on Perth's North Inch over the last weekend of May. A further entry to the De Haan annual August tournament in Belgium is planned to celebrate 40 years since the Club's first Europe venture.

Kinross Road Runners

<https://kinrossroadrunners.weebly.com>

January brought a very wet and windy few weeks for the runners; so bad that some of our club members started investing in waterproof socks. A couple of sessions had to be cancelled due to the wet weather and conditions, but this did not dampen the runners spirits.

Marcothon has now ended with many of our runners braving a run every day in December. Some of the ladies from the club finished their last run together on New Year's eve at the Dunfermline Parkrun. It was a great end to the year, and with just the one picture this month, it's of the finishers at that parkrun. Well done ladies. For those wishing to continue with a challenge, Red January is now on.

New Years Eve Parkrun in Dunfermline

As we now start to plan our races for 2023, we have set the date for the Loch Leven half marathon. The club has decided this year to make this race a closed road race, which will make it even better than in previous years. We are also increasing the number of people that can take part in the race as we are expecting great interest by making this a closed run race. Last year we had 650 runners apply for the race, so if you are interested in running in what is a great trip around Loch Leven, and now with a closed road, then please go to entry central, and search for Loch Leven half marathon or event number 121912.

At the time of writing, we are looking forward to the annual awards dinner on 21 January to celebrate a great year of running and to hand out the prizes to our members. There will be some photos next month. Also the club AGM is on 31 January.

Our roundup of races continued throughout January and, although a little bit quieter due to the holidays, there are still a few races to report.



Finishers at the Dunfermline Parkrun

Sports News

These include the Tilli 10k, the Greenmantle Dash, the East District XC league in Bathgate, the 15km MacTuff OCR, and the Falkland Yomp.

Parkruns continued, with club members still attending as many as possible to work towards the club parkrun championship. Extra runs were available in December with both Christmas eve and Christmas day runs available at some venues. Some people took advantage of this and were planning to do the same for New Year's Eve and New Year's Day. Results for the parkrun challenge will be in the next copy of the Newsletter.

On these darker nights, we continued with our streetlit runs on Thursday nights around Milnathort and Kinross, along with trail runs along the heritage trail and a Christmas treasure hunt.

Our club speed training this month covered a wide variety of sessions including 8 x 90 sec intervals, 12 x 250m intervals, the 2 mile time trial and 9 x 90 sec intervals.

Just a reminder as always that the club training sessions fit all abilities and involve a variety of running activities as you can see from the list of this month's sessions. Interval sessions improve running speed, trail runs build up strength and stamina, and slower chatty runs are good for socialising. The club welcomes all abilities and whether you are new to running or experienced, just looking for new routes to try out or to meet new faces, there is something for everyone.

If you fancy getting involved or trying out a run with the club, visit our website and get in touch. However you run, enjoy it and stay safe.

Kinross Recycling Centre

Bridgend Industrial Estate

Monday to Friday 9am-7pm (last entry 6.45pm - all vehicles must be off site by 7pm)

Saturday and 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	separately)	Rigid Plastic
Books	Engine Oil	Packaging
Bras	Fluorescent, LED	Rubble
Bulky Goods	& Long Life Light	Scrap Metal
Cans	Bulbs	Soil
Car Batteries	Fridges &	Stone
Cardboard	Freezers	Telephone
Cartons and	Garden Waste	Directories
Paper containers	Glass	Textiles (Clothes
with metal ends	Household	& Shoes)
Cooking Oil	Batteries	Timber
Electrical &	Large Domestic	Car Tyres
Electronic	Appliances	(maximum two
Equipment	Non-Recyclable	per day, strictly
(WEEE - remove	Waste (General	household only)
and recycle	Waste)	
any batteries	Paper	

Free compost is available (subject to availability). A maximum of 2 x 25 kg bags per day

The Newsletter on Facebook

We use our Facebook page to announce:

- our deadline and publication dates
- what's in the next issue
- reminders of some local events
- occasional breaking news

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

www.facebook.com/kinrossnewsletter



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Weekly Programme For February 2023

Monday	Hearing Aid Drop-In Clinic (6 Feb ONLY)	10-12pm
	Exercise Class	11.30am
	Games: Indoor curling, quizzes, Scrabble, dominoes	1.30pm
	'Stride for Life' Walking Group	2.00pm
Tuesday	Carers' Cafe (14 Feb ONLY)	10am-12pm
	P&K Visions (7 & 21 Feb ONLY)	10-11.45am
	Exercise Class	11.30am
	Musical Bingo (14 Feb ONLY)	1.30pm
Wednesday	Games: quizzes, Scrabble, dominoes	1.30pm
	Church Service	11.15am
	Reminiscence Group Garden Room (1 Feb ONLY)	1.30pm
	Games: quizzes, Scrabble, dominoes	1.30pm
Thursday	Craft Group (TBC)	1.30pm
	Interactive Games	11.30am
	Games: Indoor curling, quizzes, Scrabble	1.15pm
	Art Group	1.30pm
Friday	Exercise Class with Kenny from Live Active	2.00pm
	Football Memories (TBC)	11am-12.00pm
	Exercise Group	11.30am
	Bingo	1.30pm
	Games: dominoes, Scrabble etc	1.30pm



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

All activities subject to change.

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Local Volunteer Opportunities

The Potager Garden

The Potager garden is a small community garden in Bowton Road Kinross, KY13 8EQ. It is a registered charity run by volunteers, aiming to teach children and others about plants and the environment, and to be a welcoming and supportive place for volunteers to enjoy gardening in a friendly social group. We meet on a Monday morning, and anyone with different abilities or experience is welcome.

For more information please 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 by providing support and practical assistance to individuals and families experiencing hardship. Please contact admin@brokennotbroken.org to help.

Greyhound Rescue Fife

Greyhound Rescue Fife at Balfree Country Centre, Gairneybank, Kinross, needs volunteers to clean the kennels and walk and feed the greyhounds. Can you help? Phone 01592 890583. Visit our website at 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! For more info about KLEO events, go to www.kleo.org.uk. If interested, please 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 support the wonderful world of nature on our doorstep. Pin badges, bucket collections, events and sponsored walks – if you'd like to join our team, please contact Lyndsay Stobie at: Lyndsay.Stobie@rspb.org.uk or call 01577 862355.

Kinross (Marshall) Museum

The Museum Trust is looking for volunteers to help care for Kinross-shire's heritage collections and man the Museum Study Room in the Loch Leven Community Campus on Thursdays and Saturdays. If you would like to know more, drop by or 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 and decorations. We require additional volunteers to assist with fundraising and administration of the lights. If you are interested, please contact David Colliar, email davidcolliar@tiscali.co.uk or Bill Freeman, email billywhizkid78@gmail.com or contact our Facebook page.

Common Grounds

A Charity Cafe staffed by volunteers on Tuesday and Saturday mornings from 10am-12.30pm in the Guide Hall, Church Street, Milnathort.

Opportunity to serve or bake for the cafe always welcome. Also opportunity to gain recognised hours towards Duke of Edinburgh

Awards and Saltire Awards for young people 16 years or over. Funds raised are used to support charities mainly in Africa.

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. We are looking for volunteers to help us place and manage collecting cans. Volunteering for Seamab makes a huge difference to the lives of the children and is a great way to meet people and develop new skills. 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). If you would like to find out more, we would love to hear from you. Pop in and speak to Nan or telephone 01577 863869.

Milnathort Town Hall Committee

Can you spare a couple of hours a month? We are looking for volunteers to join us. 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. If you have a genuine interest in the wellbeing of children and families and live in Perth and Kinross we would love to hear from you. To find out more, visit www.aberlour.org.uk/volunteer, or contact Shonagh (Volunteer Coordinator) on 07864 625069/shonagh.ferguson@aberlour.org.uk.

SPARKS

SPARKS are a group allowing adults of all ages who have support needs or disabilities to meet together with their carers to improve their health and wellbeing. Volunteers will be supported by workers Roseanne Gray – P&K Community Learning & Development Worker and Shona Fowler – NHS Project Worker. For more information please 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 was established over 13 years ago as wholly parent run group. Everyone is a volunteer and we are licensed to run the Duke of Edinburgh's Award programme for young people in the area via Perth and Kinross Council.

We have a wide range of adult volunteering opportunities available, be that help with admin and fundraising to those who want to lead expeditions out in the hills. There is something for every parent or adult here.

We also welcome back those participants who have completed their awards, are over 18 and wish to give back to the Group. We can arrange all necessary training and also support adult volunteers financially to complete any relevant qualifications that they may require.

Contact us at dofekinrossshire@gmail.com or visit www.dofe.org/run/volunteer for more information.

Interested in Guiding?

Girl Guide Troops In Milnathort, Kinross & Portmoak Need Helpers. Volunteer with Girl Guiding and help make a difference to the lives of girls. Be an inspiration for girls and young women and help them realise their full potential and share some unforgettable moments along the way. Register on line at go.girlguiding.org.uk and I will get back to you. If you would like to volunteer and would like a little more information, please just give me a buzz. Call Alison on 07764 750212

Friends of CHAS Kinross

Friends of CHAS Kinross, a local volunteer fundraising group, came together in 2020 to help raise funds for Children's Hospices Across Scotland. Their first fundraising initiative (an online raffle) was a resounding success, raising an amazing £2,500. Led by local entrepreneur Beth Gibson, the group are now looking for new members to help them plan their next fundraiser.

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 about the group or are interested in joining, please contact community fundraiser Lyndsay Stobie at: lyndsaystobie@chas.org.uk or 07557 370746.

Kinross-shire Volunteer Group and Rural Outreach Scheme

Could you spare a few hours and become a volunteer driver for Kinross-shire Volunteer Group & Rural Outreach Scheme?

KVG/ROS has been operating for over 40 years and delivers a vital service to help the elderly and disabled attend Hospital/Health Centre/Dentist appointments. We are looking for additional drivers to ensure we can meet the demand for this very popular service. If you are interested contact David Aird on 01577 830370 or email: d.aird@outlook.com

Guide Dogs Kinross

We are looking for a volunteer coordinator to take over to help run our small, but perfectly formed fundraising group. Please get in touch.

Also looking for fundraising volunteers to help man our stalls at market or other events. Give an hour or more. 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. Every year the Scout Association help over 450,000 young people in the UK enjoy new adventures; to experience the outdoors, interact with others, gain confidence and have the opportunity to reach their full potential. It's not just young people who can get in on the action. Working alongside our youth members are thousands of adult volunteers, with a huge variety of roles and opportunities available. Why not strengthen your CV while making a real impact on the lives of young people? How much time you give is up to you, and you don't need any previous experience. We currently have several volunteering roles available with the cub section, and whatever you choose, we'll make sure you're properly trained and supported. If you are interested and would like more information about our volunteering opportunities, then please 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

Volunteer with the Education Team at RSPB Scotland's Loch Leven nature reserve! Become a Schools on Reserves Leader and help us inspire children through outdoor learning.

Share in the excitement as a volunteer and help deliver our education programme to visiting schools, where activities range from hands-on exploration of meadows, woods and ponds to playing environmental games. This opportunity is flexible and allows you to start in a more supporting role if you wish.

Work with a friendly team of staff and volunteers, learn new skills and gain valuable experience in outdoor education.

For more information, contact Learning Officer Sarah Cooper on 07729 105 725 or email sarah.cooper1@rspb.org.uk

Apply here: <https://volunteer.rspb.org.uk/opportunities/26507-schools-on-reserves-leader-loch-leven-2022-03-01>

Fossoway and District Community Council

We have a volunteering opportunity for a young person ideally in the higher years to join us as an associate community council member for the period of 1 year.

The individual would be asked to attend our monthly evening meetings to act as a minute taker. They would have an opportunity to see how a community council operates and meet a diverse group of people.

We are also seeking the individuals help in considering new opportunities for us to enhance our engagement with the community especially through the use of social media. This could be in the form of a project led by the individual with outcomes reported to the Community Council. The project could be used as part of their exam submission for subjects such as Business Management or contribute to volunteering for a Duke of Edinburgh award. If you are interested please send us an email – fossoway.cc@gmail.com stating why this would be of interest to you. You can find out more by looking at www.fossoway.org/dcc/about

CHAS

CHAS are looking for volunteers in our Housekeeping, Complementary Therapy and Garden teams at Rachel House, Kinross.

For further information please email volunteering@chas.org.uk

To apply online please visit our website <https://www.chas.org.uk>

AeroSpace Kinross

We are looking for someone to assist with an important aspect of our work that underpins much of the STEM outreach undertaken by Aero Space Kinross.

You would be working with the designated safeguarding officer to review our safeguarding policy, to ensure that it is fit for purpose as we move to the next phase of our development, including the commencement of our second *Build A Plane* project. The work will entail:

- A review of our safeguarding policy and arrangements
- The creation of an updated policy and monitoring procedure that will support the organisation's intended expansion.
- The construction of a training and routine refresher regime for staff and volunteers

If you would like to join our team and if this is an area of our work you feel you could contribute to, please email me on karen@aerospacekinross.com with brief details of the way in which your skills and experience could assist us in moving this important project forward.

Organisations: If you would like a volunteer appeal to be added to the list above, please email the Newsletter Editor. Please let us know if you no longer need your appeal to be listed.



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 mail@ewanwhite.co.uk

Science Council

IOM³
 The Institute of Materials, Minerals and Mining

The Wood Technology Society
 A Division of the Institute of Materials, Minerals and Mining

NatureScot Loch Leven NNR



FEBRUARY IS AN EXCITING month at Loch Leven NNR. We are approaching spring, we've nearly made it through the dark, cold months! The wildlife at Loch Leven NNR are gearing up for spring too. The ducks are looking pristine at the moment, some species will be thinking of pairing up already. Mallard are known for their pairing, courting and even copulation in late winter! We have roughly 32 breeding pairs of mute swan on the loch, and pairs will now be holding territories. February is a great time to observe Swan behaviour: #SwanWars is better than any soap I've watched! Look out for territorial males (cobs) chasing off intruding birds with plenty of wing flapping, territorial v-shaped postured birds dancing around each other and sizing each other up. They are fantastic to watch!

We also start to see the first flowers of the year in February. Look out for lesser celandine (*Ficaria verna*), primrose (*Primula vulgaris*), wood anemone (*Anemone nemorosa*) and snowdrops (*Galanthus sp.*) as you travel around the Reserve. Some birds will start singing in February, listen out for great tit, robin and if you are very lucky crossbill! Crossbill can start nesting in February and can be heard singing from the top of conifer trees.

Observing wildfowl in February can be very rewarding and interesting! When watching various duck species, look out for their courtship displays. Mallard can be seen head-bopping from the Pier at the Boathouse. Goldeneye can be watched from Burleigh Beach doing their mad courtship. Drake goldeneye throw their heads right back onto their back then throw it forward to attract females – I wonder what the females think when they see them do this bizarre display!

One bird that will be nesting in February is the mighty grey heron. You normally see these birds fishing solitary on river banks and lochs. However, come early spring these birds nest in colonies, and we have a colony of birds on Castle Island. These large birds nest right at the top of pine trees and we have seen more than 30 pairs on Castle Island in the past. The safety of the island is a preferred place to nest and we monitor these pre-historic birds throughout the breeding season. Herons have been studied in the UK since 1928 through the British Trust for Ornithology 'Heronries Census' and this is the longest running single species survey in the world! In Feb-

ruary, most birds are making repairs on their nest, courting with their partners and maybe even think about laying eggs! Latest wildlife highlights around the reserve include: a beautiful male hen harrier, twite, plenty of feeding siskin and bullfinch around Burleigh, three little egret, kingfisher and brown hare at Orwell.

Keep an eye on the blog (Loch Leven WordPress), Loch Leven NNR Facebook page and the Loch Leven NNR Instagram for regular updates.

Spring is just around the corner, we will soon see the first returning migrants, the first butterflies and bumblebees and feel a little warmth in the sun. Let's enjoy the final month of meteorological winter and take it all in before spring arrives!

Cheers!

Simon Ritchie
Nature Reserve Officer

Weather



Recent Weather Reports From Kinross

December 2022

Total Rainfall	145.3mm/5.81in
Heaviest Fall	37.5mm/1.50in (29 Dec)
Total Sunshine	32.1 hrs
Sunniest Day	4.2 hrs (11 Dec)
Min Temp Average	2.55°C
Lowest Temp	-8.50°C (15 Dec)
Max Temp Average	4.81°C
Highest Temp	12.2°C (19 Dec)



AS WE MOVE INTO 2023, we are excited to see what the New Year brings. It has been a great start with the flood having now defrosted and we have started seeing nice numbers of teal, wigeon, and a family of whooper swans. The little egrets have also been seen dotted about across the reserve. In the woodlands, the red squirrels have been making a welcome appearance, cheekily whizzing around the visitor area. The first goose count of the year saw 2904 pink-footed geese roosting and feeding across the loch which is generally what you'd expect for this time of year but amazing to see nonetheless. We should see a build in numbers over the coming months as they start to make their way north again to breed.

Our fantastic volunteers have been working hard improving the path up the hill replacing some of the damaged steps. Before Christmas, they were planting some spring bulbs in the hope we start seeing some lovely pops of colour in a few months' time. We have also had work parties in to help clear scrub to improve the priority fen habitat. The work parties have also helped with clearing viewpoints along the heritage trail so there is now a lovely view onto the reserve from some of the benches along the path.

With the breeding season fast upon us, we've been busy improving the habitat for the return of the lapwing and other waders. During the icy weather we spent some time cutting the thick rush creating feeding and nesting areas. The cows have also been doing a great job of keeping the preferred nesting areas free of thick vegetation. The reserve is

looking very beautiful with all the ditches and pools full to the brim. Keep an eye out for feeding redshank and snipe along the ditch edges.

In the world of events, we are looking forward to our first Optics Weekend of the year on Saturday 4 and Sunday 5 February, 10am-4pm daily. If you are looking to purchase a new set of binoculars or telescope, why not come and have a chat to our experts who will help ensure you are getting a product that works best for you?

We also have our Fun Fact February Trail taking place on 15-19 February, 10am- 4pm daily. Can you uncover all the hidden facts around the reserve? No booking required, just pop in and pick up your trail sheet for only £2!

If you would like to improve your bird identification skills, we are also running

two Birding for Beginners sessions on Sunday 5 and Saturday 25 February, 9am – 10.30am. Join our Assistant Wardens, Darran and Ami, as they share their best hints and tips. For more information and to book your place, check out <https://events.rspb.org.uk/lochleven>.

Finally in the world of recruitment, we are very excited to welcome our new Learning Officer, Anna Culbert, to the team! If you are looking to visit the reserve with your school, why not get in touch at lochleven@rspb.org.uk?

If you would be interested in joining our fabulous team here at Loch Leven, we are also currently seeking a new Catering Assistant. For more information about this role, check out <https://www.rspb.org.uk/about-the-rspb/about-us/rspb-job-vacancies/vacancies-listing/>.

Freya Playford



Farming

Muck and Magic

EVEN THOUGH WE ARE just two weeks into the new year as I write this article there is already a noticeable increase in the daylight hours, which is always a very welcome change to note. The clear, crisp few days we are having at the moment help the sun show its face from behind the clouds and lift spirits although at the same time it fairly lowers temperatures. It's always welcome to have a bit of frost mid-winter as it helps to kill pathogens and defines the move from one growing season to the next. Also, it's good for plants to have a period of dormancy in preparation for bursting into life in spring.

Although we have been cursing the amount of rain which has fallen over the last couple of months, I think that we should be grateful that it hasn't fallen as snow because the whole country would have ground to a halt as a result. The cold frosty days make the fields clean and crisp for the sheep here



at Backward Farm and we have started feeding them silage to keep their bellies full as their supply of grass to graze has dwindled. The tups have been taken out from among the ewes and are resting in their current bachelor pad (which is a field as far away from the ewes as possible). The ewes are due to be pregnancy scanned in early February and the results of this will set the tone for the year ahead for the sheep enterprise in particular and the farm as a whole. I am hoping for a better result than last year but we will just have to wait and see. The ewes are in good condition, and we have some good quality silage to feed them so we should be able to minimise the amount of feed that we will need to buy in for them.

The pigs have been making the most of the wet conditions, digging up their paddocks at an impressive rate, with only the frost in early December and again just now slowing down their work rate briefly. As far as the cattle are concerned, it's mid winter clean out time for a couple of the batches. The deep litter bedding method we use, where we keep adding clean straw on top of itself for the cattle to lie on means that the level of dung gradually builds up until the time comes when it gets too deep so we have to clear the whole lot out and start again from floor level. We have to do this two or three times over the winter and it plays a very important role in the cycle of nutrition and fertility of the land, as this dung is spread back on the fields to help grow the following years crops. A classic example of the muck and magic aspect of modern farming which has been practiced since the dawn of time – or maybe even longer!

Keep on diggin' that dung!

John



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Kinross Parish Church

Church of Scotland (Charity no SC012555)

*Following Christ | Spreading the Word |
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, Monday and Friday. Otherwise operating remotely. Leave a 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

KEEPING IN TOUCH: contact the Church Office for our weekly email of events and Zoom details.

Regular Services and Events:

Sundays

9.15am Choir Practice.

10.30am: **Morning Service**, gathering song about 10.25. **NEW arrangements for young people** which are intended to be flexible: children can meet at the Church Centre from 10.15, teens start at the service and then can leave for the Church Centre. All return for the end of the service. Children and teens can stay for the service if that suits best. 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 Traidcraft stall after the service most weeks.

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

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

6pm: **Crossfire** at the church centre. Age P7 upwards.

Mondays

2-4pm: **NEW: Cosy Space. Now 2pm – 4pm:** Church open as a warm community space. Pop in for a cuppa, chat and board games.

8pm: **House Group** – Bible study and fellowship

Tuesdays

10-11.30am: **NEW - Stepping Stones: Now weekly and for extended time** for babies, toddlers and carers

1.45pm: **House Group**

Wednesdays

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

1.30pm: **Craft Group**

7.45pm: **Men's House Group**

8.00pm: **Women's House Group**

Thursdays

10.30am: **House Group**

11-12noon **Table Talk** – Chat and coffee on Zoom

Fridays

2-4pm: **NEW: Cosy Space. Now 2pm – 4pm:** Church open as a warm community space. Pop in for a cuppa, chat and board games.



6pm +: **BB & GA** in the church centre.

OTHER SERVICES AND EVENTS:

February

Sun 5 **10.30am: Morning Service** followed by
11.45am: Communion (informal)
No refreshments or Traidcraft stall after the service

Mon 6 **8.00am: Silent Meditation**
7pm: Guild, on Zoom
UNIDA Hear our Voice. A Guild project.

Sun 12 **2.30–4pm: Let's Sing:** All welcome but aimed in particular at those living with dementia. Tea and a sing-song.

Tues 14 **7pm: Guild, on Zoom**
Strathcarron Hospice: Dr Gillian Baughan.

Thu 16 **9pm: Evening service of Compline**

Sat 18 **11.00am: All Friends Together**
For adults with learning disabilities.

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>



February 2023

8 February

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

12 February

9.45am Sunday Morning Worship

19 February

9.45am Sunday Morning Worship

26 February

9.45am Celebration of Holy Communion

Refresh Thursday

Every Thursday 2-4pm in the Church Hall
Join us for a friendly blether with delicious home baking,
tea and coffee, all are welcome

Board Game Night

The group now meets on the third Wed of every
month from 6:30-7.30pm. **Next meeting: 15 Feb**

Film Night

Fri 3 Feb 7.30pm in the Church Hall

Mrs Harris Goes To Paris

*A widowed cleaning lady in 1950s London falls madly in love with a
couture Dior dress, and decides that she must have one of her own*

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 is now meeting every Thurs evening at 7.30pm.
For more details please contact Debbie Hill 01577 842268.

Fossoway Youth Group

This group is for those aged 11-19.
Please join us on Sunday 26 Feb 7-8.30pm

Men's Breakfast Group

Our next meeting will be on 18 Feb at 8.30am in the church hall with a talk from Andy Middlemiss on the work of the Armed Forces Charity, SSAFA.

*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

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: Neil Maclure

Email: neil.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.

**February 2023****Sunday 5 Feb**

11.15am: Morning Worship. Traidcraft Stall.

Sunday, 12 Feb

11.15am: Morning Worship

Saturday, 18 Feb

8.30am: Men's Breakfast meeting held in Fossoway Church
Andy Middlemiss talks on the work of the Armed Forces Charity, SSAFA.

Sunday, 19 Feb

11.15am: Morning Worship

Sunday, 26 Feb

11.15am: Morning Worship with Celebration of Holy Communion.

Please note: Refreshments are served in the Young Room every Sunday after worship

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

Please note that from now on, all joint family services with the Praise Band will be held on the first Sunday of each month, except for January, in Orwell Church at 10:30am.

Messy Church will meet on **Sat 25 Feb** from 4-6pm at Orwell Church with all the usual crafts, fun, and food.

**Acknowledgements****OSWALD**

GILLIAN, MARC AND FAMILY would like to thank all family and friends for the cards, flowers and messages of support for the very sad loss of Edith on 28 December. Thank you also to the Rev. Robert Calvert and to Stewart's funeral directors for their excellent service and support. Many thanks to the day centre and local carers, who have been a great support over the last few years.

Dates For Your Diary

2 Feb **Ashley House Service** at 2pm

5 Feb **Joint Family Service** in Orwell Church at 10:30am
No morning service at Portmoak Church.

6 Feb **Knitwitz** meets from 2-3.30pm in Orwell Hall

17 Feb **Tea and a Blether** in Orwell Hall from 1.30-3.30pm

20 Feb **Knitwitz** meets from 2-3.30pm in Orwell Hall

24 Feb **Oasis Ladies Group** meets in Portmoak New Room from 10.15-12 noon

Anyone needing a warm space is welcome at any of the above events on church premises, or in the Church Office during opening hours from Tuesday to Friday, completely free of charge. The Church Office and Shop is open from 10am-12no, from Monday to Friday.

Office email: orwellandportmoakchurch@gmail.com

Website: orwellportmoakchurch.org.uk

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. (Our church bell rings from 9.45am.) We will provide regular updates on our website. 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!

Our services are also broadcast from the church building as livestreams via 'Zoom' and Facebook Live. Thereafter, recordings of these services can be viewed on our Facebook page. The Liturgy outline can be followed on the website via the seasonal Sung Eucharist e-booklets and the weekly pewsheet.

Please be assured of our prayers and intercessions.

May the road rise up to meet you.

May the wind be always at your back.

May the sun shine warm upon your face;

*the rains fall soft upon your fields and, until we meet again,
may God hold you in the palm of His hand.*

Events and Services in February**Sunday 5 (5th Sunday after Epiphany)**

10am: Sung Eucharist

Wednesday 8

10am: Midweek Meditative Holy Communion

Sunday 12 (6th Sunday after Epiphany)

10am: Sung Eucharist



Obituary

PATERSON, Mary (May)

12 December 1934 – 17 December 2022

We are deeply saddened to announce that our beloved mum and much-loved gran passed away peacefully at the start of her 89th year, surrounded by her loving family. A witty, outgoing and lively matriarch who was devoted to those she loved, May will be forever missed but never forgotten by her husband of over 65 years, Jim, and their two daughters, Mary and Fiona and her son-in-law Stephen. May was an adoring grandmother to Stephen, Michael his wife Emily, Gareth, Scott, Craig, Sarah and Andrew and his wife Criggy.

After growing up in Tillicoultry raised by her grandmother and two brothers, Peter and Bill, May would eventually move to Kinross after meeting the love of her life, Jim Paterson. She loved to go dancing at the Cochrane Hall in Alva – and it was here one night that she asked Jim to dance with her in a Ladies' Choice dance. The first ones on the dance floor and the last ones to leave, the pair were inseparable ever since. They married in 1957 and celebrated

their 65th wedding anniversary this year.

Always industrious, May was an active farmer's wife, always helping around the farm and was dedicated to many occupations and hobbies. She was a shorthand typist at Devon Vale, a Brown Owl, and a Sunday School superintendent for many years. As well as helping on the farm she worked for many years at Granada Service station as a wages clerk. She was deeply involved in her community and served in many clubs in various positions, from committee member to secretary and president. May loved being a part of the Rural and cherished memories of many outings and trips with friends including Margaret Campbell and Cathie Cochrane.

May was an active member of the Milnathort Bowling Club, the Guild, The Inner Wheel, and the Craft Club. She did many crafts but loved to knit, often for the guild sale and craft club to sell on.

May was an avid curler, who



her grandchildren fondly remember teaching them the skills and precision of the Roaring Game. A member of the Kinross Ladies Curling Club she coached the Scottish Junior Curling team to victory at the Scottish championships in 1982, and went on to be the first junior team to go to abroad to Canada, she was very proud to take them.

May was dedicated to the happiness of her family and her friends who will always remember her gentle smile, brilliant laugh, and always Paterson Kinross with a joke or a story to tell. She will be greatly missed in the community.

St James' Catholic Church

5 High Street, Kinross, KY13 8AW

Parish Priest: Father Martin Pletts. Tel: 01577 863329

www.catholickinross.com

Email: Fr.MartinPletts@gmail.com

facebook.com/parishpriestkinross/

facebook.com/stjamesprayergroup/

For the full parish timetable see the newsletter section on the parish website: www.catholickinross.com

Kinross Christian Fellowship

Jesus said, 'I am among you as one who serves.'

Sunday morning service at 10.30am (refreshments and blether at 10am), Millbridge Hall, Old Causeway, Kinross.

Lively praise (children participate), reverent worship open to the leading of the Holy Spirit, prayer, ministry and solid Bible-based preaching and teaching. An all-round family service for families, which includes Sunday School. Communion every second Sunday, as is our evening service at 6.30pm; a time for praise, worship, sharing and joy in The Lord Jesus. (Followed by light refreshments and more blether.)

Everyone is welcome to either service or to both, so please come and taste and see that the LORD is good.

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.

Wednesday 15

10am Midweek Meditative Holy Communion

Sunday 19 (Sunday before Lent – The Transfiguration)

10am: Sung Eucharist

Tuesday 20: (SHROVE TUESDAY)

Details TBC

Wednesday 21: (ASH WEDNESDAY)

10am & 7.30pm Penitential Holy Communion,
Miserere mei (Allegrì) and Imposition of Ashes

Sunday 26 (First Sunday of Lent)

10am Penitential Sung Eucharist

Loch Leven Church

(Charity No: SC049050)

info@lochlevenchurch.com

Loch Leven Church meets at Loch Leven Community Campus, at 10:30am each Sunday.

Our sermon series from January to March is 'Putting Jesus in His Place' from Colossians and we'll be hosting the following services in February:

5 Feb: **Alive with Jesus (Colossians 2:1-23)**
Robin Kent (LLC)

12 Feb: **Clothed with Jesus (Colossians 3:1-17)**
Richard Gibb (LLC)

19 Feb: **Working For Jesus (Colossians 3:17-4:1)**
Graeme Gunn (LLC)

26 Feb: **Communion Sunday – Stephen Jones (LLC)**

Everyone, of all ages, is very welcome. To know more about us, please visit our Facebook page 'We Love Loch Leven', or our website www.lochlevenchurch.com.



Better Place to Live Fair

25th March 2023, 10am – 2pm
Loch Leven Community Campus

Have you booked a space to promote or raise funds for your club/group yet? If not email: pauline@thegreyhouse.co.uk
This is an opportunity for the community to discover why Kinross-shire is a **Better Place to Live**

Event being organised by Kinross-shire Partnership, Community Learning & Development and Loch Leven Community Campus.

Rotary **YOUNG WRITER** COMPETITION

AGES 7-17



Calling all young writers

Let your imagination run wild, and get creative with the written word by taking part in the the annual Rotary Young Writer competition.

To nominate, contact: secretary.kdrc@gmail.com

Rotary Club: Kinross and District

download the competition information pack at: rotarygbi.org



Chinese Paper Cutting

DIY

Gifts for Your Love

Tuesday 14 February

18:30-19:30 pm

Mandarin Classroom (SF042)



2023

Loch Leven Community Campus Presents

YOU ARE INVITED TO AN UPDATE TALK BY THE ETHIOPIA MEDICAL PROJECT (EMP)

FRIDAY 10 FEBRUARY, 2-4pm

Orwell Church

By Jo Middlemiss MBE

Donations and/or dark coloured men's and women's large socks and/or dark coloured ladies pants (Knickers) size 8-12 – most welcome please.

Queries: Jo Middlemiss 07803 589959/01577 862041
or Marg Meade 07907 192097

KINROSS CAMERA CLUB

PHOTOGRAPHY EXHIBITION

in the

Loch Leven Community
Campus Library

1st to 14th APRIL 2023

(Library opening times - from 10.00am Mon-Sat)

STEPPING STONES

Now meeting **WEEKLY** in Kinross Parish Church 10-11.30am.



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

ALL WELCOME

MOBILE LIBRARY 1, 15 February

(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 kinross.cc website. Applications may be downloaded from the website or obtained from the Applications Administrator, Barry Davies, Tel 01577 865004 or email barrydavies57@btinternet.com

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P.K.A.V.S. Registered.**

ARE YOU AN UNPAID CARER

I have been working with Perth and Kinross Association of Voluntary Service for unpaid carers for a few years now . Once again they are offering free therapy treatments for unpaid carers in the Kinross and Milnathort area, for those that are registered with the Association, and for anyone that has the therapy vouchers.

It is time to think about you.

Having a relaxing treatment of either Reiki. Crystal therapy, or an Indian Head massage.
Available once a month in Kinross.

To book an appointment phone P.K.A.V.S. on Perth
01738 567076 option 2 .

To book a treatment if you have the vouchers contact me
on
01577 864745, or 07970282938 or email me at
shirleytstalk@hotmail.co.uk

Perth & Kinross School Term Dates

Inservice Days	Wed/Thurs 15/16 Feb
Occasional Holiday	Fri 17 Feb

Music in Dollar



We will have our next concert on the afternoon of Sunday, 19 February 2023 at 3:00pm in the Gibson Hall, Dollar Academy, FK14 7DU. We are sure that ADLibitum will weave a dazzling and beautiful sound tapestry for us on violin and accordion. Andrea and Djordje Gajic are based in Scotland (Andrea is professor of violin while Djordje is professor of accordion at RCS Glasgow) and tour widely. Exploring many styles (e.g. Brahms, Massenet, Albeniz, Arkhipovsky), their performances have entranced their audiences with the precision, passion and intensity of their playing. Skye Chamber Music commented that they were "Two astonishing virtuosos whose playing together was masterly".
www.classicalmusiciansscotland.com/artists/adlibitum/

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
March	Friday 10 February	Saturday 25 February

Kinross Garden Group
 2022/23 Season
 Thursday 9 February at 2pm
 Kinross Parish Church
 Jim Jermyn from Branklyn Garden
 ‘The Dolomites and Eastern Europe - a
 gardener’s paradise’
 All welcome to join us.

Items for Sale


Dorma Samira Blue Quilted Bedspread (200 x 200cm). Unused - still in packaging. £30
Probike Enfold adult folding bike: 20” wheels. Saddlebag included. £40
 Seller Details: Sandra Wilkinson
 01577 865472

**BANK OF SCOTLAND
 MOBILE BANKING**
 Service operates fortnightly on a
 Tuesday 10am to 1pm
7, 21 February 2023
At the Green Hotel, 2 Muirs, Kinross
www.bankofscotland.co.uk/contactus/mobile-branch/perth.html#kinross

Public Access AEDs
 You may not be aware that there are public access defibrillators all around the county. These have been put in place by a combination of organisations including Kinross First Responders Charity. Some are accessible 24h per day (***You will likely need a code to access which can be obtained by calling 999**) and others are only available during opening hours.
Please call 999 to ensure you have the access code and are directed to your closest available AED.

Milnathort Area:

- Stewart & Smart Garage – 24h
- Milnathort Golf Club – 24h*
- West Netherton (On the wall of Henderson’s Chartered Surveyors) 24h.
- Donaldson Park Football Pavilion - 24h*



Kinross Area:

- Giacomazzi’s Kinross - 24h*
- The Muirs (old phone box) - 24h*
- Corner of Sutherland Drive / Argyle Road – 24h.
- Kinross Curling Rink - opening hours only.
- Men’s Shed on Swansacre - 24h*
- Hunters of Kinross - 24h*
- Cashmere at Loch Leven (Todd and Duncan) – 24h.
- The Myre Park Football Pavilion - 24h*
- Kinross Primary (Accessed from Station Road) - 24h*
- Kinross Golf Club - 24h*
- SNH Office next to The Boathouse (Pier) - 24h.
- Loch Leven Health Centre (the doctor’s surgery) - opening hours only.
- Kinross Rugby Club - only during games/training.
- Kinross Day Centre - opening hours only.
- Kinross High School / Community Campus - opening hours only.
-
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Wider Area:

- Live Active (Swimming Pool) - opening hours only.
- Balado (On the fence at 6 Dawson’s Court) - 24h*
- Carnbo Village Hall – 24h.
- Portmoak Village Hall – 24h.
- Loch Leven’s Larder (At the Cricket Pavilion) - 24h*.
- Glenfarg Village Shop – 24h.
- Crook of Devon Village Hall - 24h*
- Powmill Store - 24h*
- Netherton (Henderson’s Chartered Surveyors) - 24h*.
- Mawcarse (Roadside at Mawburn Cottage) - 24h*
- Gairneybank (Hatchbank Road) - 24h*
- Kinnesswood Bus Stop (Opposite the Garage) - 24h*.
- Keltybridge at the Tabernacle Hall - 24h*.
- On the garden wall of Rockcliffe House Rumbling Bridge (KY13 OPT,) 24h*.

LOCAL CHEMIST INFORMATION


Rowlands Pharmacy, Kinross

Mon – Fri 9am-6pm
 Saturday **9am-5pm**
 Tel **01577 862422**



Davidson’s Chemist, Milnathort

Mon – Fri: **9am-6pm (Open lunchtime)**
 Saturday: **9am-12.30pm**
 Tel: **01577 862219**
Sundays: Nearest open pharmacy: **Asda, Dunfermline**



**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

**MOBILE POST VAN AT
BUCHAN AVENUE,
KINNESSWOOD**

**MONDAYS 13.45 till 14.45
WEDNESDAYS 12.45 till 13.45**

**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 and 4-7pm
FRIDAY	8-10am
SATURDAY	8am-12pm
SUNDAY	CLOSED

Homes For Cats Wanted

FifeCat 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.



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: Malcolm Thomson, 07980 885175
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:** Sec: Patty Fraser, 01577 850253
Email: cleishcommunitycouncil@pkc.gov.uk

Kinross Community Councillors

Bill Freeman	64 Muirs	01577 865045
Lynne McKay (Chair)	5 Springfield Road	01577 531076
Hannah Phillips		07591 228884
Malcolm Wood	The Woodlands, Hatchbank	
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

S McGregor	(Secretary)	
A Davidson	(Treasurer)	
Susan Forde		01592 840128
Dave Morris		01592 840500

Have a look at our website: www.portmoak.org

Perth and Kinross Councillors Kinross-shire Ward

- CLlr DAVE CUTHBERT (Independent)**
Tel: 07468 756234
Email: dcuthbert@pkc.gov.uk
Address: 85 Bowton Road, Kinross, KY13 8EG
- CLlr NEIL FRESHWATER (Scottish Conservative & Unionist)**
Tel (office): 01738 475108
Email: nfreshwater@pkc.gov.uk
www.facebook.com/neil4kinrossshire
- CLlr WILLIE ROBERTSON (Scottish Liberal Democrats)**
Mobile: 07909 884042
Email: wrobertson@pkc.gov.uk
- CLlr RICHARD WATTERS (SNP)**
Mobile: 07557 812513
Email: rwatters@pkc.gov.uk
Address: 2 High Street, Perth

John Nicolson MP

Member of Parliament for Ochil and South Perthshire

Telephone: 020 7219 3000

Email: john.nicolson.mp@parliament.uk

Twitter: <https://twitter.com/mrjohnnicolson>

Facebook: <https://facebook.com/JohnNicolsonSNP>

Instagram: <https://www.instagram.com/johnnicolsonmp>

Member of the Scottish Parliament for Perthshire South & Kinross-shire

Jim Fairlie, MSP

Constituency office: 63 Glasgow Road, Perth, PH2 0PE
Telephone: 01738 620540

Email: Jim.Fairlie.msp@parliament.scot

Members of the Scottish Parliament for Mid Scotland and Fife Region

All MSPs can be contacted at the following address:
The Scottish Parliament, Edinburgh, EH99 1SP

Claire Baker MSP (Labour) Tel: 0131 348 6769
Email: claire.baker.msp@parliament.scot

Murdo Fraser MSP (Conservative) Tel: 0131 348 5293
Email: murdo.fraser.msp@parliament.scot

Dean Lockhart MSP (Conservative) Tel: 0131 348 5993
Email: dean.lockhart.msp@parliament.scot

Alex Rowley MSP (Labour) Tel: 0131 348 6826
Email: alex.rowley.msp@parliament.scot

Mark Ruskell MSP (Green) Tel: 0131 348 6468
Email: mark.ruskell.msp@parliament.scot

Liz Smith MSP (Conservative) Tel: 0131 348 6762
Email: elizabeth.smith.msp@parliament.scot

Alexander Stewart MSP (Conservative) Tel: 0131 348 6134
Email: alexander.stewart.msp@parliament.scot

Perth Samaritans

Need to talk? We'll listen.

Contact us by

phone: 01738 626666 or 08457 909090

email: jo@samaritans.org

Visit us at 3 King's Place, Perth, PH2 8AA

Mondays	1630 – 2130	Thursdays	1630 – 1900
Wednesdays	0830 – 1100	Fridays	1000 – 1630
and	1930 – 2130	Sundays	0800 – 2130

No pressure, no names, no judgment.

We're here for you, anytime.

Enquire

Are you looking for information about your child's rights to support in school? If so, contact **Enquire**, the national advice and information service for additional support for learning.

Enquire offer a confidential telephone helpline and online enquiry service, practical guides, fact sheets and newsletters, helpful materials for children and young people with additional support needs.

For more information contact: Tel 0345 123 2303

Website: www.enquire.org.uk

Enquire is funded by the Scottish Government and managed by Children in Scotland.

Diary

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The Kinross Community Council 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