

STRATHERRICK & FOYERS NEWS

October 2025 Issue Number: 57



INTRODUCING
THE NEW
PIER CAFE

HIGHLAND
HOSPICE
FASHION
FUNDRAISER



DRIVING LESSON
GRANTS NOW
AVAILABLE

and... festive fun in
Stratherrick & Foyers 2025!

Welcome to the Autumn edition of the Stratherrick & Foyers News! In this issue you will find community news, stories and events, as well as updates from the Board on projects and grants awarded. If you have any photographs, recipes, stories or news that you would like to share with the community, please send them through to strathnews@sfctrust.org.uk.

We are working hard to ensure that all members of the community are able to access copies of both our newsletter and our bi-annual magazine, which we are now sending out to every household that we have addresses for in the community! If you do not want a paper copy of the magazine or newsletter and would like to receive it electronically then please contact Kirsteen, our Administrator, at admin@sfctrust.org.uk.

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The Stratherrick & Foyers Magazine is published twice a year – online and on paper. Any opinions expressed are not the views of the Stratherrick & Foyers Community Trust and any businesses mentioned are not endorsed by the Trust.



CHAIR'S REPORT

Well, the summer's over and much has happened and much is planned! The Trust has been very busy, and a lot has been achieved by Jewels and her merry band of staff. It seems a long time since the Highland Gathering at Corriegarth Estate, and our thanks to all the volunteers and attendees for making it a memorable day! Those of you who came along will understand why I never want to see a venison burger again! Inverfarigaig Forest Classroom has undergone a face-lift, with the WC's now open and running (and proving very popular!).

Foyers Primary School is now in regular use by the South Loch Ness Heritage Group, and they have held several meetings to discuss their plans. I'm sure they

would welcome new members – they've a lot to do! The Community Mini-bus trial is off to a mixed start, but we're pleased to see a gradual increase in usage – if you can think of trips or journeys that would be of value to the Community please get in touch. Our new tenants have moved into the new houses at Inverfarigaig and are, I am informed, very pleased with their new homes.

We have also now received our first applications for support with Driving Lessons and are delighted to be able to sponsor a new Apprenticeship in our Community. The very best of luck to the young man concerned. We have also addressed the issues at Errogie Church and, having "gone back to basics", are now making good progress toward bringing the property into use again. Lessons have been learnt – some of them hard – but the current Board have adopted a pragmatic, open and transparent approach toward the project. We hope the Community will appreciate this attitude and we will keep you fully informed of progress as it occurs.

Now, my apologies for bringing up the next subject – but you know what is on the horizon! Yes, the Festive Season isn't far away. We have made a few plans and hope that there will be something for everyone.

Publicity posters will be circulated shortly and details released as we confirm them. So sorry about that – but I did spot Mince Pies in the supermarket the other week!

Finally, before all the festivities, a reminder that the Stratherrick & Foyers Community Trust AGM will occur on Wednesday 26th November at 7:00pm at the Wildside Centre. This is the opportunity to ask your questions, maybe stand as a Director and hear and meet the Board, with a report on the year's activities and a presentation of the Annual Accounts. More details will be released nearer the date but do try and come along – your ideas and thoughts are much appreciated.

Peter Faye
Chair, Stratherrick & Foyers
Community Trust

On behalf of everyone at Stratherrick & Foyers Community Trust, we would like to extend our heartfelt thanks to everyone who selflessly helped during Storm Amy – from clearing roads to supporting neighbours and keeping our community safe.



CEO'S REPORT

Looking back over the last five months since the Spring Magazine, I am encouraged by what has been achieved by the Team and the Board but also frustrated that some projects and initiatives are taking longer than anticipated. Whilst we have delivered some really good community events and projects which have been largely welcomed by the community we have also not delivered on others which have disappointed others in the community.

On the positive side, we can point to the A Pie, A Pint and A Laugh evening at Wildside and the Highland Gathering. The feedback we received from both of these was very encouraging and we hope to build on these successful events over the coming months. The housing in Dodd's Park was completed and the new families moved in. Also, we completed the asset transfer of the Inverfarigaig Forest School and have, over the summer,

been busy sprucing up the building and making it ready for use.

Also, over the summer, we opened Foyers Bay, although some residual actions are still in progress. Thus far, the take up of registrations has been encouraging. The Trust has a month-to-month licence with the Highland Council for the use of the Foyers Primary School, whilst its future is decided. The South Loch Ness Heritage Group are currently making use of it to archive, store and showcase their collections.

In addition, we have established a Community Transport Service with a monthly schedule which is being regularly used. Our announcement to fund driving lessons was well received by the community and we already have several applications.

We applied to Scottish Land Fund for funding for the Feasibility Study for the Foyers Stores and the Trust topped up the shortfall in the grant awarded. In addition, I have provided feedback to the Business Plan to ensure it is robust, and I wish Boleskine Community Care all the best in their endeavours to acquire the Store.

Less encouragingly, we have not progressed with Errogie

Church as quickly as I anticipated, but I am pleased that we are now awarding tenders for the work to ensure health and safety compliance, additional toilets, disability access and a small kitchenette.

Behind the scenes, I have also been active in establishing the correct HR and employment policies are in place, including our Fair Work First statement, which is a requirement to receive funding from the Scottish Government and our Unacceptable Actions policy. I have also ensured that all necessary documentation required to employ staff is up to date.

Working with the Board of Directors, we have established a Strategic Working Group to define our strategy for the next five years supporting the objectives in our Community Action Plan.

I continue my commitment to the community, and I am available most days at the Wildside Centre and am always willing to meet with members of the community wherever convenient.

Jewels Lang
CEO, Stratherrick &
Foyers Community Trust

INTRODUCING THE PIER CAFE – A FRESH NEW SPOT ON THE SHORES OF LOCH NESS!

We're Tahlia Stewart and Holly Emmott — two local girls who grew up in Foyers and first became friends at the start of secondary school. Over the years, our shared love for our community, coffee, and connection sparked a dream: to open a small, friendly cafe right here in our village. That dream has finally come to life!

This September, we were thrilled to open The Pier Cafe, a cosy little trailer pod located right on the shores of Loch Ness at Foyers Pier. Our hope is to bring a fresh, modern twist to village cafe life — somewhere warm, welcoming, and a little different, where both locals and visitors can stop by, relax, and connect.

As young people ourselves, we noticed there weren't many youth-led businesses in the area, or many spaces for people to come together outside the usual hours. One of our big goals is to create a place where the community can gather, and where there's still a coffee or bite to eat available after the typical café closing times. That's why we're currently open five days a week (Thursday to Monday) from 10am–5pm — and we're hoping to stay open as much as possible through the winter months too!

We serve a selection of hot and cold drinks, including iced and hot coffees made with locally roasted Highland beans, as well as a tasty selection of cakes, bakes, and treats — with gluten-free and vegan options available. For something more savoury, we've recently added freshly made sausage rolls, sandwiches, toasties and paninis to the menu.



We're also super dog friendly — as dog lovers ourselves, we've made sure to have puppuccinos, water bowls, and tasty treats ready for your four-legged companions. We've already met so many lovely furry visitors and love seeing them stop by for a sniff and a snack!

Looking ahead, we're full of ideas and excitement for the future. Our dream is to eventually expand into a larger space with more seating, so we can welcome even more people — rain or shine! We'd also love to develop a bigger menu. Step by step, we hope to grow in a way that supports the local community.

The first few weeks have been an amazing start, and we're so grateful to everyone who's popped down for a coffee, a chat, or a toastie — your support means the world to us. We feel so lucky to live and work in such a beautiful spot, and to be building something for our community, by our community.

Thank you for welcoming us so warmly — and we hope to see you soon!

📍 Follow us on Facebook: The Pier Cafe — Loch Ness

With love,
Tahlia & Holly



THE FUTURE OF FOYERS STORES

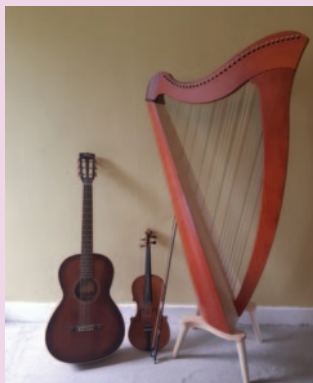
Boleskine Community Care (BCC) has been working hard over recent months to secure the future of Foyers Stores, the Post Office, the café and the flat above on behalf of the community. To take this forward, a steering

group was formed with members from BCC, the Stratherrick and Foyers Community Trust (SFCT), and the Community Council. Together, these organisations commissioned Community Enterprise to produce a full feasibility study and business plan. This was accompanied by an independent valuation of the property and business, a conditions survey, and an energy survey. This professional, independent work has given us a clear and realistic picture of what community ownership would involve.

As part of the feasibility study, a community survey

was carried out with 88 direct responses, plus the views of a further 96 household members, representing around 184 people in total. The findings were very encouraging. 85% of respondents favour community ownership of the shop and Post Office, 78% are in favour of including the café, and 72% back the use of the flat for local or key worker housing. Two-thirds of people said the loss of the shop would be a disaster for the area. The study also highlighted real opportunities, including serving over 70,000 annual visitors to the Falls of Foyers, expanding the

CALLING ALL TRADITIONAL SCOTTISH MUSICIANS AND SINGERS!



Traditional music is at the heart of our Highland identity and heritage, and we hope that by inviting musicians and singers along to music sessions, we can keep this tradition going! Stratherrick and Foyers is home to many talented individuals who share our love for traditional Scottish, and more specifically, Highland music and song. We also extend this invitation to traditional musicians and singers from further afield and having held two sessions at the BCC Hub already, we hope to carry this on throughout the year by holding monthly sessions!

If you play, sing, or just love the music, you're most welcome to come along and join us!

All sessions will be advertised on social media, and we hope to see you at the next one!

For more information you can email Jack and Kirsteen at:
jmkmcampbell@gmail.com

range of produce and services, and creating affordable housing.

The next step in the process is already under way. BCC have submitted an application to the Scottish Land Fund (SLF) for help with purchasing the property. The SLF cannot provide funding for the business, so additional resources are required to complete the full package. To achieve this, we are preparing to apply to the Stratherrick and Foyers Community Trust (SFCT) and to launch a community share offer, giving local people the chance to invest

directly in the project and play a part in its future. To make this possible, a Community Benefit Society (CBS) has already been established and registered as Foyers Community Stores Limited. A CBS is a not-for-profit organisation created for community ownership. Local people will be able to buy community shares and become members, with decisions made democratically on a "one member, one vote" basis. Any surplus will be reinvested back into the shop or the wider community, ensuring the store is run for community benefit and safeguarded for

the long term.

We would like to thank everyone who took the time to complete the survey and share their views. Moving forward, we will be hosting regular community information sessions to keep everyone updated, answer questions, and make sure the project continues to reflect the views of local people. If anyone has any questions or would like to share their views, please contact Olivia on csc@boleskinecc.com.

Olivia Grant



STRATHERRICK & FOYER'S COMMUNITY

FIREWORKS NIGHT

SATURDAY 8TH NOVEMBER, 2025

FIRST FIREWORK 7PM SHARP | RAFFLE | LIVE MUSIC | FREE ADMISSION

~ LOCH NESS SHORES ~

CAMPING AND CARAVANNING CLUB SITE,
MONUMENT PARK, LOWER FOYERS, IV2 6YH

ORGANISED BY COMMUNITY VOLUNTEERS

DONATIONS FOR LOCAL CHARITIES
WITH THANKS TO LOCH NESS SHORES CAMPING AND CARAVANNING CLUB.

PLEASE DON'T BRING YOUR OWN FIREWORKS TO THIS EVENT.

THURSDAY SING

We've had another great start to our singing sessions at Stratherrick Hall, Gorthleck on Thursdays 7.30pm-9pm.

We have a group of between 10-20 singers most weeks, coming from Stratherrick, Foyers, Dore,

and we have also welcomed folk from Fort Augustus and Invergarry.

The sessions are very relaxed and informal, but we have a good workout with breathing and voice exercises as well as learning songs and we are already singing in 4-part harmony!

This term we are singing a mix of songs of different styles ranging from Karine Polwart (Come Away In), Only You (Yazoo), some Americana (songs from O Brother Where art thou) as well as some Scottish Trad, world songs and a Gaelic song!

You are welcome to join the group at any time, so come and try us out.

No previous singing experience is needed, and all ages and abilities are welcome. Sessions are £4 weekly including refreshments and any singing resources.

Julie Harvey



We are pleased to share and celebrate family milestones, including births, engagements, and marriages, as well as to honour the memories of community members who have passed away. If you would like to have a notice included in the next magazine, please email strathnews@sfctrust.org.uk.



MOBILE LIBRARY

Did you know we are fortunate to have the mobile library come out to the Stratherrick & Foyers area every month! If not, head to one of the stops below and meet Mark your local librarian. You don't need to have a membership card to borrow a book, he can sort all these things for you.

Mark will be visiting the area on the below dates and times. If you have any queries, please contact him directly using the details below:

NOVEMBER 4TH – DECEMBER 2ND –
JANUARY 27TH

Errogie – Yellow Brick Road
10:15 – 10:35

Gorthleck - Village Hall Car Park
10:45 – 11:15

Foyers – The Hub Car Park
11:30 – 12:00

NOVEMBER 12TH – DECEMBER 10TH –
JANUARY 7TH

Wildside Centre Car Park
11:00 to 11:30

Driver: mark.laurie@highlifehighland.com
Tel: 01349 869869

All dates are subject to short notice change should unforeseen circumstances arise. Please see www.highlifehighland.com for further information and contact details.

COMMUNITY MINIBUS

PROPOSED RUNS FOR OCT/NOV/DEC

Fri 17th Oct

Broth 'n Blether, BCC Hub
with stop at Foyers stores

Tues 21st Oct

Shopping trip to Fort William

Sat 25th Oct

VILN Loch & Land Festival Finale,
Dores

EVENTS COMING UP THAT WE ARE COVERING

Sun 9th Nov

Remembrance Day Service

Wed 24th Nov

SFCT AGM, Wildside Centre,
Whitebridge

Fri 5th Dec

Fashion show, Stratherrick Hall,
Gorthleck

Sat 6th Dec

Craft fair and coffee morning,
Stratherrick Hall, Gorthleck

Fri 19th Dec

Christmas lunch, Stratherrick Hall,
Gorthleck

All passengers must book in advance.
To book call/text 07949 916955 or email
Sharon at sharon@sfctrust.org.uk.

This service is free of charge to those in
the Stratherrick & Foyers area.



HELLO FROM STRATHERRICK PRIMARY AND NURSERY

It has been a busy few months since the last update and we hope that everyone is well. Before the summer holidays we had a very busy and successful term. We took part in the Inter Schools Sports Competition in Inverness and everyone had great fun, we went on an amazing school trip to Cromarty, we invited parents into school for our Sports Day (thankfully we are always very lucky with the weather), and then we had our end of term assembly, where we celebrated our year and all the success – especially our all year round achievements and our attainment which remains above Highland and National Averages.

An event we loved putting on was our 'Museum' and Art Gallery. We invited members of the community to come

and have a look at our beautiful work and lots of artefacts donated for display in our museum. So much fun seeing all the happy faces coming into school.

We are really looking forward to lots of things happening again this year – for instance going to the Panto in Inverness (putting on our own Christmas Show, keep a look out for dates as we will be inviting the local community in again for an afternoon performance), and also the ever important whole school swimming lessons.

Our library is also looking FAB – thank you to all the parents and helpers for getting this up and running.

I'd like to thank everyone for the part they've played in making our school such a special place. We are not just learning about facts and figures (although that is really important). We're learning together – as friends, as classmates, as a community in a place that's friendly, fun, happy and healthy.

This success and positive ethos doesn't happen by accident. It happens because of the care, commitment and energy of our staff, our families who have helped us along the way, the community, and most importantly our amazing children. We are so proud of what they've achieved to this

point and can't wait to see what happens in the future.

Finally, we'd like to thank the Stratherrick & Foyers Community Trust for funding which helps pay for busses, trips, new sports clothing and equipment. Without it we wouldn't be able to offer the pupils such a varied, challenging, and motivating experience.

Thank you to everyone for all your support, and for reading!

Alan Graham
Headteacher





STRATHERRICK PRIMARY & NURSERY PARENT COUNCIL

The parents of Stratherrick Primary School & Nursery have been busy bees this year with the support from a Stratherrick & Foyers Community Trust grant. We have purchased new sporting outfits with our school's logo on them for use at events, old rotten picnic benches have been replaced with durable tables made from recycled materials, two iPads have been bought to help promote the sharing of pupil projects, and the school has now subscribed to several learning journals and online platforms.



Two of our parents have lovingly refurbished our outside learning table and



painstakingly used pyrography to embellish it with each child's and staff members handprint along with their name to give it a personal touch. This table is so important to the school as the children spend a lot of time learning outdoors, and we also have several people visiting who offer education outside, including Bushcraft and our friendly Creeping Toad!



We were extremely lucky to be Scotland's winner of the "Stories for Schools" competition, receiving 5 Voxblox and 10 stories which are being well used in the classroom.



One of the unused rooms in the school has now been transformed into an inspirational library. With money sourced from the Highland Council Educational Grant scheme, a mini grant from Stratherrick & Foyers Community Council and some of the Parent Councils unrestricted funds, new quality shelving, a desk with chairs and a reading snug have been bought. This has created a warm and inviting atmosphere which is also used by those requiring additional support and encourages everyone to "read for fun". We have started running Library days, where the children can come to take books out and participate in the process (using the date stamp has proved very popular!). Hopefully this Library will be used as a mixing space soon to promote inter-generational events as well.



We look forward to another productive and fun year!

Fiona Mohan
Stratherrick Primary &
Nursery Parent Council

KILCHUIMEN ACADEMY

S1-S3 pupils participated in a 3-day, 2-night activities residential in Perthshire at PGL Dalguise in June. The young people had a very busy three days taking part in lots of activities such as canoeing, climbing, archery and laser tag. The purpose of this trip was to encourage our students (and staff!) to challenge themselves in new situations, develop resilience and enhance their self-confidence.

We all had a great time and would like to thank Stratherrick & Foyers Community Trust, Fort Augustus & Invermoriston Community Company and Glengarry Community Company for their support in funding this trip allowing all of our pupils the opportunity to experience this activity regardless of their financial situation and helping to strengthen our school community.

Ewan Boyce
Team Leader, Kilchuimen Academy



NEW STAINED GLASS WINDOW AT ERROGIE CHURCH NEARS COMPLETION!

We are extremely pleased to be able to share with the community that the new stained glass window, designed in collaboration between Stratherrick and Aldourie primary school pupils, FIRA, and the Artists Jacqueline Briggs and Diyanne Ross, has now arrived at Errogie Church!

Following the unveiling of the proposed design at Stratherrick Primary School back in March, the design was handed over to Diyanne. Her part in the project was to create the window from Jacqueline's design. In order to ensure smooth transition, the two artists, alongside Caroline Tucker (who was facilitating the project), worked together on the technical details so that the design could be transformed into a lasting legacy for the children of the community.

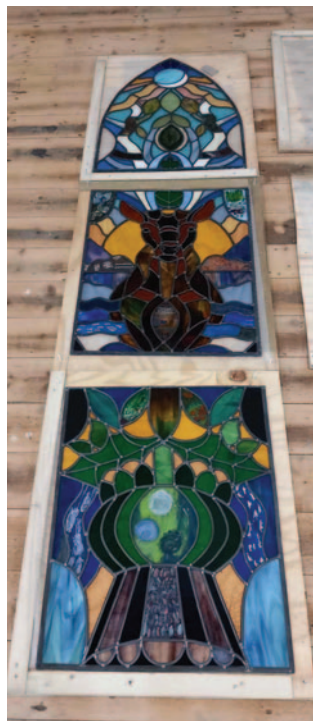
The window has now arrived at Errogie Church, and we are now taking steps to get it installed safely. As you will be aware, there is a further programme of work scheduled for Errogie Church over the coming months. On



completion of this, we look forward to welcoming everyone who was involved in this project, and the wider community, into Errogie Church to see the finished product in its final location!

With thanks to The National Lottery Heritage Fund who have funded this project.

Caroline Tucker
Project Co-ordinator



STRATHERRICK & FOYERS HIGHLAND DANCING

Highland Dancing lessons at the Wildside Centre are still thriving in our community thanks to all the dedicated families and children attending the classes every week, and support from Stratherrick & Foyers Community Trust.

You'll all be glad to know this Crofter is definitely not teaching, however the jumps from side to side would come in handy to dodge those Blackie horns! We still have the pleasure of professional teacher Cheryl, from Cheryl Heggie School of Dance, travelling through to us from Inverness to teach every week. It has been amazing watching the continual progress in all the children, from both classes.

The Tartan Tots/Beginners class has children from 3 years old, and Cheryl teaches them fundamental skills of dance, rhythm, coordination, and then moving into the first steps of traditional dances. I especially enjoy watching how she encourages their confidence and performance skills by giving them turns to perform as a small group for their classmates.

The Sword Dancers class is where the hard work on specific dance steps really begins. Cheryl teaches the traditional dances until they can perform them from start to finish. The achievement the children feel on completion is just magical. This term the more experienced dancers have begun revisiting each step to perfect and polish the finish. I also admire how Cheryl promotes safe dancing, she warms the dancers up and works on their strength and flexibility.

Most of all the classes are great fun, provide opportunities for medal testing and performances, such as the successful performances at this year's Highland Gathering at Corriegarth Estate back in July.





Cheryl Heggie
School of Dance
Sgoil Dannsaich

LOCAL
Wildside Centre

Term Time
Tuesdays 4-5pm

TASTER
Come along for a chat
and see what it's all about!

Highland Dancing Classes

Class Vision

To develop rhythm, dance, coordination and confidence

Funded and Supported by



Class Info

£3.50 child
£5.50 family

Per class

BOOK HERE!

@ www.bookwhen.com/cherylheggie

We would love to welcome some new dancers! Feel free to pop in and see what it's all about and a chat with Cheryl/myself on Tuesdays from 4-5pm.

Anna Peterkin
Organiser



PATHWAYS GROUP

The Pathways group was set up in 2021 on the back of the CAP which identified the importance to the community of maintaining and developing our path network based on the knowledge that our paths are part of our outdoor infrastructure.

As per the CAP, the first task undertaken was to undertake an audit of the paths and trails in the Stratherrick & Foyers area identifying the main users, level of use, landowners, and general state of/requirement for maintenance. Twenty-seven paths were initially audited. In early 2025 this list was updated and a further 10 paths added to the audit.

Two key strands of work emerged from the initial audit, namely, the maintenance and development of key sections of our path network and the marketing and promotion of our paths. The reasons for the focus on these two areas were as follows:

1. They are a key community asset.
2. There is little or no responsibility for any landowner/other 3rd party to maintain them.
3. Walking as an activity nationally has soared in popularity in the past few years and this is putting increased pressure on our paths resulting in degradation of path quality.

4. The South Loch Ness Trail (SLNT) which is part of the Loch Ness 360 passes through the area. This trail, which launched in 2018, has been very successfully marketed worldwide by a number of tourism organisations.
5. To encourage more people, both locals and visitors, to use our paths, enjoy our environment while at the same time gaining health benefits.

Maintenance and Development

Following the award of £20K of funding from Highland Council in 2023 and £20K from the Trust, the group embarked on improvements over two sections of the SLNT. The first section between Inverfarigaig and Foyers was completed in February 2024. A collaborative project with Forestry and Land Scotland, improvements were made to the quality of trail over approximately 320m. This primarily entailed the resurfacing of the trail and improvement of water drainage with the installation of a number of culverts.

The second section between Whitebridge and Foyers was completed in March 2024. The work entailed improvement of the crossing points of the two streams by the placement of large flat stones in the stream beds.

Both of these projects came in under budget which enabled the group to award a contract to Chamber Electronics to install people/bike counters at two key locations on the SLNT at Suidhe and Inverfarigaig. The purpose of these is to measure usage on what we know to be a popular section of the trail (Inverfarigaig) and one lesser used section (Suidhe). This information will be used to guide potential future investment on the SLNT and other 'off shoot' paths. Recording commenced May 8th, 2024, and although the time periods are not directly comparable, the figures below suggest good use and an upward trend from walkers at both locations.

Suidhe:

May 8th – October 31st, 2024: 591 people and 131 bikes

December 1st – May 20th, 2025: 550 people and 29 bikes

Inverfarigaig:

May 8th – October 31st, 2024: 1337 people and 59 bikes

December 1st – May 20th, 2025: 786 people and 8 bikes

An important section on the SLNT which desperately requires resolution is at Ardoch. In June 2023 the Ardoch bridge was swept away by severe flooding but due to a combination of cost, no clear organisational responsibility for its replacement and further degradation of the riverbank at the site of the former bridge, two years on it has not been replaced. However, recent meetings with all key stakeholders in the SLNT have given cause for optimism that collectively the problem will be resolved eventually.

Marketing & Promotion

Following the initial development of the 'Walk the Walk' campaign in early 2023 to encourage more people, both locals and visitors, to get out and explore our paths, this has been further developed by the group. There are now 22 walks, with detailed descriptions listed under Our Local Environment on the Stratherrick & Foyers Community Trust website. All these walks can be opened in the Ordnance Survey Maps app which is available to download free of charge. In addition, the group have approached accommodation providers in the area and provided a QR code which links to the Walk the Walk page on the Trust website. We hope they will use this code in their promotional materials and better inform their guests of the number and variety of walks in the area. Also, unique Walk the Walk QR codes have recently been placed on way markers on the Foyers Circular path and

Torran Tuill Circular. The purpose of this is once again to gain information on how and who is using our paths.

The second strand of marketing and promotion that has been extensively explored by the Pathways Group over the past year has been the development of a path-based app. This culminated in a successful Community Engagement event in February this year and a short app survey made available throughout the wider community, to gauge whether-or-not this was a project they thought worthwhile. Despite 43% indicating support for it, 39% were against it and 18% not sure. The group felt that this was not a strong enough basis on which to progress the project at this time. Should this change and funding be available this decision will be reviewed.

If you wish to be part of this active group, please email sharon@sfctrust.org.uk.

Graeme Ambrose





BOLESKINE BIODIVERSITY GROUP

We are a small group that aims to carry out projects that can support the nature that's on our doorstep and enthuse people about the amazing wildlife we have in our area. We usually meet once every two months to plan project work and we have a number of projects running currently that we'd love more people to get involved in (or join and come up with your own project ideas)!

This summer we've been trying to help our small population of swifts increase and thrive through providing additional nesting sites for them with help from local community members keen to put up swift boxes.

We're now in year 5 of trying to eliminate the non-native invasive plant species American Skunk Cabbage from the Loch Mhor Catchment which threatens our native flora and are hopeful that we have now removed the majority of large plants that were releasing thousands of seeds each year. There is still a way to go with this project though given the seedbank of this species can persist for 10+ years and seedlings will keep popping up for a long time to come!

We've also been busy planning a number of events for the coming months, and this kicked off with a successful Scything Course in late September where we learnt all about Scythes and grassland management with expert tuition

from Dallas Seawright of the Fife Coast & Countryside Trust. This will be followed by a film night later this year, and a wildlife tracking course in spring, amongst other things. Please keep an eye out for adverts for these and come along – we'll have posters up in the information boards around the Strath and will advertise via our new Facebook public group which you can find by searching for Boleskine Biodiversity Group.

This winter we'll also be running 2 or 3 outdoor sessions near Ault na Goire, Erroglie tackling some non-native sitka spruce seedlings that are invading an area of native woodland. If anyone would like to find out more about the group, any of the projects or how to get involved please email:

boleskinebiodiversity@proton.me. Thanks go to Stratherrick & Foyers Community Trust, Stratherrick & Foyers Community Council, SSE and local landowners for funding and/or giving access permission for some of this work.

Alison Phillip



LIGHT POLLUTION

Apart from moonlight, starlight and the aurora borealis (the northern lights) the natural state of the countryside at night should be darkness. When I came to live here over 40 years ago, I could stand outside the house at night and experience the wonderful shifting colours of the aurora borealis and at other times our magnificent starry winter skies. Alas, unless I travel some distance, this is no longer possible due to light pollution from the conurbations around Loch Ness and to local light pollution from domestic dwellings. This pollution travels further in rural areas than in towns.

Light pollution has a disruptive effect on human sleep patterns due to the fact that light inhibits the production of the hormone melatonin which is needed to regulate our circadian rhythms (our biological clock) that tells us when to work and when to rest. Melatonin is produced in response to the dark. Continual lack of sleep can lead to serious health problems. You will have seen advice that you should switch off computers, mobile phones and televisions well before bedtime because



they all emit blue light that makes it harder for people to fall asleep naturally. LEDs, although energy saving also emit blue light. According to Nick Dunn, founding director of the Dark Design Lab. at Lancaster University, 83% of people in the UK now live under a light polluted sky.

Light pollution also has an impact on nocturnal animals, birds, plants and particularly insects.

In a UK study in the 2020s by Butterfly Conservation, Newcastle University and the UK Centre for Ecology and Hydrology, it was found that there were 52% less moth caterpillars in hedges under LED lights and 42% less on grass verges under those lights as compared to

unlit hedges and verges. This has implications for the number of moths and also for birds etc. that feed on caterpillars and moths.

Garden birds are affected by bright lights and may have less energy because lighting confuses them into singing earlier and roosting later. Light pollution is a worldwide problem for birds that migrate at night. Birds use natural cues to navigate such as stars and the earth's magnetic field but light in the wrong place at the wrong time can cause migration to start too early or too late.

As with humans, owls' circadian rhythms are disrupted by artificial light which makes hunting more difficult. Nocturnal moths are

also impacted to the extent that they may crash into lights and die. They fly erratically and make themselves more visible to predators such as bats. Once bats suss out that there is a source of flying insect food around artificial lights, they will return time and time again so that in such places insects will be depleted. Even plants can be baffled by artificial light and open or close at the wrong times for pollinators. Studies have shown that moths have declined by 33% since the 1960s. In fact, all flying insects declined in Scotland by 65% between 2021 and 2024. There are many causes for this decline: air pollution, climate change, pesticide use and loss of habitat, but light pollution is a factor too.

Because insects are relatively small, people tend not to realise their

importance as pollinators and food. Fish, bats and insect eating birds are all dependent on them. Our whole eco-system depends on insects. If we lose them, we are in deep trouble. Crops would not be pollinated. Humans, birds, bats, fish etc. would starve. The 2020s have seen various books by eminent scientists on the subject of insect decline. This is so serious that they are using words like 'Crisis' and 'Apocalypse'.

I have chosen to write about light pollution because, of all the causes of biodiversity decline, it is one over which we all have control. If you care about the decline, there are steps that can be taken to mitigate the effects: -

Encourage more local authorities to install downward facing and insect friendly streetlights.

At known bird migration times, switch off lights in tall buildings.

On domestic properties direct light beams downwards so as not to cause glare.

Use outdoor lighting only when necessary. Timers and motion sensors can ensure lights are off when not required. Close curtains and blinds at night to prevent light leaking outside.

Although we rarely see our nocturnal wildlife, we should be mindful of them and their right to a natural life, undisturbed by light pollution.

Valerie Weir - member of Boleskine Biodiversity Group

*You can read the full article and details of supporting information by visiting www.stratherrickcommunity.org.uk/biodiversity.asp

FIRA (FRIENDS OF INVERNESS ROYAL ACADEMY)

AGM on Tuesday 4th November, 7pm at the Wildside Centre, Whitebridge.

Parent/Carer volunteers needed to continue the group.

Also, Youth Club Halloween party - Wednesday 29th

October, 7pm at the Wildside Centre, Whitebridge. Pumpkin carving, fancy dress optional. For any young person from p7 to S6.

(FIRA is the local youth group for ages p7 to S6)



LOCH NESS LUVVIES NEWS!



October has arrived and we have started rehearsing our autumn show. This year it will be the one-act play, *A Bottle of Sherry*, by Jim Hollingsworth, followed by variety entertainment and quiz at the Stratherrick Public Hall, Gorthleck. The 24th of October is the date (keep an eye out for publicity) and, unlike previous Luvvies productions, we are thrilled this time by the possibility of being able to perform the show at several neighbouring community venues. Our membership has grown over the past 12 months, and we are fortunate to have attracted talent from neighbouring villages, which gives us a lot more scope for a range of different productions. We also have the resources of the Friends of the Luvvies, local talented adults and children, who supported us so well in our shows last year. We can look ahead now with increased confidence and ambition with a determination to become more inclusive through working with other groups and young people, to deliver even more exciting shows; we hope to produce a Panto early next year, 'oh yes we will!'

We are always on the lookout for new members, and anyone is welcome to pop along to rehearsals and see what we get up to. Our rehearsals at the moment are pure theatre anyway and excellent entertainment in their own right. The more members we have, the more we can do. We are presently meeting on Friday evenings and some Mondays at the Stratherrick Public Hall, Gorthleck – if you'd like to know more about what we get up to, come along and have a cup of tea with us, you'll be made very welcome, or take a look at our Facebook Page.

Michael White - Loch Ness Luvvies Secretary

BOWLS FOR ALL!

The Bowls For All Group meet every Tuesday at 2pm until 5pm, at Stratherrick Public Hall, Gorthleck, and is open to anyone to come along.

Never played bowls before? No problem! You will be made very welcome; we are all still learning!

After successfully continuing to play through the summer holiday period, we are now looking forward to the Autumn/Winter meetings.

Come along and try it out! We can guarantee you will certainly have a laugh, a cup of tea/coffee, a biscuit (sometimes cake) and a blether!

We look forward to welcoming you.

The Bowls Group





PLUCK AND PREPARE WORKSHOP

Learn how to simply prepare feathered game and turn it into a straightforward dinner dish. Explode the myth that game is a footer to prep and it is in fact easy, delicious and nutritious. We are working on better ways to get local, low carbon footprint game available to the local community and this workshop will be a timely introduction. Keep an eye out on the date, to be confirmed for late October!

Jenny McCallum
Loch Ness Rural Communities



INVERFARIGAIG RESIDENTS GROUP

We are delighted to announce that our group has been awarded a grant from Stratherrick & Foyers

Community Trust. This funding will enable us to advance our “growing” project, both within the Polycrub and out in the field. The grant serves as a testament to the strength of our proposal and highlights the potential impact of keeping our project moving forward. We are extremely

grateful to the Trust for their ongoing support.

Summer Activity and Community Engagement

During the summer months, the Polycrub has flourished as a centre of productivity and community connection. Nestled beside the houses at Hillhead, it has become a



hive of activity, yielding a vibrant selection of fresh produce. As autumn approaches, the community orchard promises a generous



harvest of both eating and cooking apples. Our plum trees, while still immature, show promise for future seasons.

Planned Improvements Supported by the Grant

Thanks to the grant, we will soon be able to install seating in both the field and beside the Polycrub. This will allow people who walk through the area to pause, take a rest, and enjoy the tranquillity of the moment. Over winter, we plan to fit a watering system in the Polycrub, powered by our solar pump, as well as fence the allotment area to ensure its continued success.

Upcoming AGM

The Inverfarigaig Residents Group Annual General Meeting will be held on 16 October at 7pm in the Classroom at Inverfarigaig.

Helen Grainger



WILDSIDE BABY & TODDLER GROUP

It feels like only yesterday we were preparing for a summer of fun, and now Autumn is upon us already! The leaves are turning, the air is crisper, and at Wildside Baby &

Toddler Group we've definitely made the most of the Summer!

One of the highlights of the summer was our trip to Farm Ness. The children loved meeting the friendly rabbits and lambs, who were more than happy to be petted. They also had a brilliant time in the roleplay village - playing at being vets and looking after all sorts of furry friends. The giant Jelly Belly air bouncer proved to be a huge hit too, with plenty of giggles and energy burned. The sandpits were another firm favourite, where imaginations ran wild with digging, building, and

exploring. It was a fun-filled day for both little ones and grown-ups.

Back at the Wildside Centre, we're thrilled to report that the new playhouse has arrived! The children have been delighting in imaginative play setting making it their own little world. Combined with our well-loved mud kitchen, the playhouse has encouraged plenty of teamwork, chatter, and creativity.

As always, the group is evolving. Towards the end of summer, we saw a couple of our long-standing members "graduate" from the group

into nursery, and we'll see a few more move on in January. While it's bittersweet to say goodbye, we're absolutely thrilled to hear how well our "graduates" are doing in their new setting and are excited for their friends to follow in their footsteps! At the same time, we've been delighted to welcome some new additions over the summer. The mix of new faces and familiar friends keeps our group lively, warm, and open to all little ones.

If you've been thinking of coming along, now's a wonderful time to do so. We are a friendly bunch— so join us for a cuppa and a chat while the children enjoy some activities together. We meet on Thursdays, all year round, from 9.30 to 11.30am at the Wildside Centre in Whitebridge. Even if it's your first visit, you'll be warmly welcomed.

We also love hearing suggestions for fun activities or themes you'd like to see, so please do share your ideas. You can find us on Facebook (Wildside Baby & Toddler Group) for more information, updates, and to get involved.

Looking ahead, we've got plenty to look forward to; a Halloween party with the usual fun and entertainment, some winter-themed activities to brighten the

darker days, an exciting countdown to Christmas, and of course our much-anticipated Christmas Party.

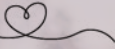
We hope to see some of you over the coming weeks — do come along and join the fun!

Wildside Baby & Toddler Group





BOLESKINE

Community Care 

BOLESKINE COMMUNITY CARE- WHAT'S HAPPENING AT THE HUB

There's lots happening at Boleskine Community Care, and we'd love to share a few highlights with you.

Community Transport

Getting around isn't always easy, and that's where our Community Transport Scheme steps in. Thanks to 14 wonderful volunteer drivers, we're able to support on average, 19 local members monthly with lifts to medical appointments (both locally and in Inverness), community events, prescription collections and even Inverness shopping trips. We're proud to be helping neighbours stay mobile and connected.

Community Larder

Open 24 hours a day, 7 days a week, our larder is there for everyone. In partnership with Fareshare and Aldi, we get surplus food that's perfectly good to eat but would otherwise go to waste. By popping by and using the larder, you're not only helping BCC but also helping reduce food waste in our community.

What's On at the Hub

As the evenings grow darker, we're making sure there's plenty to look forward to. Our regular programme includes Tai Chi, Moovin About, coffee mornings, Midweek Mingle,

Broth n' Blether, book club and cinema club and this winter we're adding a brand-new Games Night to the mix.

We also host useful monthly services including footcare, beautician, hairdressing, ear wax removal and winter vaccination clinics, so there's always something going on at the Hub.

Hub Upgrades

We've been working hard on improving the Hub so we can offer even more to the community. The end room has now been transformed into a dedicated therapy room. Work is still ongoing, but our aim is to provide a welcoming space for mental health and bereavement support services in the near future.

Volunteering – Can You Help?

We're always on the lookout for new volunteers to join our friendly team. Whether it's driving, befriending, helping with the larder, or supporting activities at the Hub, giving even a little of your time can make a big difference to your community. If you'd like to get involved, we'd love to hear from you.

Be Part of It

Joining Boleskine Community Care is completely free. As a member, you'll get a monthly email with all the latest updates and events.

The Hub is open Monday to Friday, and everyone is welcome. If you're new to the area, just fancy some company or have feedback and suggestions, drop in for a cuppa with Jo and Olivia. They'll be delighted to have a chat and share what's happening.

We can be contacted on 01456 486247 or admin@boleskinecc.com

Jo Mitchell,
Boleskine Community Care



CHRISTMAS POT LUCK *AT THE HUB*

NO ONE SHOULD FEEL ALONE AT CHRISTMAS.
WHETHER YOU DON'T HAVE FAMILY NEARBY OR JUST WANT TO
SHARE THE DAY WITH OTHERS, THE HUB DOORS ARE OPEN!

✧ WHEN: CHRISTMAS DAY
✧ WHERE: THE HUB, LOWER FOYERS
✧ TIME: TBC

COME BY FOR A DRINK, A HELLO, OR BRING ALONG A DISH TO
SHARE.

IT'LL BE A RELAXED, FRIENDLY GATHERING, A CHANCE TO ENJOY
THE COMPANY OF YOUR COMMUNITY.

LET'S SHARE FOOD, LAUGHTER, AND THE CHRISTMAS SPIRIT
TOGETHER. ♥

ALL ARE WELCOME....
BECAUSE CHRISTMAS IS BETTER WHEN SHARED.

STRATHERRICK CLAY TARGET CLUB

The Club was founded in the 1890's and is believed to be the oldest in Scotland. We have been shooting at Torness since 1985 where we have a small clubhouse in a field. We are a small club with lots of local members; one of which shoots clay targets for the Scotland Team. They did particularly well this year with the senior team winning the trophy, the first time in over 40 years! Grants from Stratherrick & Foyers Community Trust have enabled us to connect to the grid and now have power in the clubhouse which makes a huge difference. We have also purchased toilets, a defibrillator and more recently funding to buy cartridges and a BBQ for a shooting event to celebrate the Home International and British Open being held in the area. The BBQ was open to all and lots of folk came along to see what our club was all about while enjoying some great food cooked to perfection by Donnie MacLeod. We have been actively trying to coax youngsters from the area to come along and try clay target shooting. This resulted in participants as young as 6 to have a go. They all enjoyed it with taking home trophies of spent cartridges used when they hit the targets set up for them. We have come to the end of our evening practices but hope to welcome the youngsters again next year when we have our junior coaching evenings. If you are interested in coming along, you can ask to join the Stratherrick Clay Target group Facebook page, which will keep you up to date with what's happening or email us on stratherrickclaytargetclub@outlook.com

Lesley Matheson
Secretary





SOUTH LOCH NESS HERITAGE GROUP

The Heritage Group have had a busy year so far.

There has been ongoing work renovating the watch house in Boleskine graveyard.

Our Spring talk was about whisky distilling in the Highlands. Our speaker was Darroch Bratt who is an Archaeologist who became interested in the subject after researching and excavating illicit stills.

This distilling was illicit to begin with then legalised in the 1890s when the excise act was put in place. There is documented evidence of small-scale domestic production of spirit from the 1400s but the upsurge in production took place after the "Agricultural Improvements" in the early 1800s. The reasons were two-fold. There was a need



for income by the crofters who had been cleared from the hills and glens to make way for sheep and also they had a detailed knowledge of the terrain so could conceal their activities.

The style of stills varied from very simple, outdoors to more elaborate set ups in abandoned cottages or sheilings. One still was often shared and rotated around several mash pots. The predominant source of the alcohol in the Highlands was malted barley.

The social life which surrounded these enterprises was also discussed. Men often dressed as women to disguise themselves as they went about their production or smuggling the spirit to their customers.

Our summer outing for the past two years has been a guided walk. This year it took the form of a "cruise" on Loch

Ness in two of Malcolm Stewart's 12-seater RIBs. The date was the 21st of June, hence the title "The Solstice Sail".

There were 45 participants overall on 2 scheduled sailings. They were given a pre sail briefing in the Hub about the points of interest to be seen on the sail. Malcolm's skippers, Simon, Dave "Swampy" and Rob were excellent at passing on the information at the actual locations.

The weather was perfect on the day and the general view was that it will be difficult to equal this event in the future.

We had a presence at "The Gathering". This mainly consisted of a large map with numbered locations marked on it. These related to a display of printed fact sheets with photographs compiled by Group members. These were available for visitors to

take down and learn about our area.

In addition, there was also a "Find the Place Names" puzzle with a lucky number attached, a word search along with postcards and books for sale.

The winners of the lucky number prizes were:- bottle of whisky, Ruth Thomas. Bird table, Shona Bradie.

It is common knowledge that, with the assistance of Stratherrick & Foyers Community Trust, SLNHG now have access to the mothballed Foyers primary school as a future base and heritage centre. This is of course on a one year only basis at the moment as the school may be put back in to use next autumn if there is a demand. Things are at a very early stage, but it is envisaged that the school will become an archive and

storage centre with the potential to mount displays and hold meetings and talks there in the future.

On the evening of Tuesday 16th September for our Autumn Talk we were entertained and educated by an accomplished speaker, Bruce Keith with "Bridging the Highlands".

Bruce is a retired chartered surveyor who has spent his career working on estates in Perthshire and Aberdeenshire before moving south to be Chief Surveyor with English Nature. He returned north to retire from SSE as Head of Property. Bruce has local connections as his father was Chief Bridges Engineer with Inverness-shire County Council, and they lived for several years in Dore. His name first came to our attention many years ago when our secretary at the

time, the late Heather Parrott, was on a writing course along with him.

Bruce has written three books and the evening's talk was based on his first book, "Bridgescapes" which reflected on the heritage of Scottish bridge builders throughout history. Bridges great and small were mentioned in the presentation, from the Wade bridge at Whitebridge, the wooden bridge over the Oich at Fort Augustus to the Kessock bridge and the three bridges over the River Forth at Queensferry.

Our last planned event of the year is undecided at the moment, but there will be a talk and the AGM in late October or early November. It might just be possible that this could be held in the new base in Foyers School!

Bob Main





STRATHERRICK WAR MEMORIAL

Following a successful grant application to the Stratherrick & Foyers Community Trust in June for materials to enable the memorial area to be kept spick and span, we have had three volunteer days working at the memorial. The first day was spent removing the weeds from the outcrop. The next volunteer day on the 28th of June, following receipt of the materials purchased from the grant, we managed to repaint the surrounding fence. The preparation work started on the bench to enable repainting it as well. The grass on the approaches to the memorial, now that the daffodils had died back, was strimmed. The rock of the memorial was sprayed with wet and forget to remove staining and on the third volunteer day, held approximately three weeks after storm Floris, volunteers strimmed all around the area and again re-sprayed the rock for staining. Also having purchased long spraying lance from the grant, we sprayed the memorial pillar with wet and forget from the base below it. The bench was painted, we then removed all the gorse bushes that were hanging over the surrounding walls. The volunteers would like to acknowledge the work done by the Highland Council ground staff in cutting the grass at the memorial over the years. The next volunteer day we will be planting more spring bulbs, daffodils and crocuses to brighten up the place early next year. This year is particularly significant as it is 80 years since the end of World War II and the fifteen men from the district named on the memorial who died during that conflict.

Alister Chisholm

USEFUL CONTACT NUMBERS

MEDICAL & EMERGENCY

FOYERS MEDICAL CENTRE: 01456 486224

Website: www.foyersmedicalcentre.co.uk

NHS 24: Phone 111

POLICE - Non-Emergency or to report a crime:
Phone 101

MEDICAL, POLICE, FIRE, LOCH OR
ANOTHER EMERGENCY: Phone 999

FOYERS FIRE STATION (Non-Emergency):
01463 24099

POWER OUTAGE SSE Power Cut Helpline:
Phone 105

POTHOLES & FLOODING

To report a fault including potholes or flooding
telephone either:

Tel: 01349 886601 (Office Hours Mon-Fri)

Tel: 01349 886690 (Evening & Weekends)

Lest we forget...

**Remembrance Day
Service 2025**

**Stratherrick
War Memorial**

**Sunday 9th
November**

3pm

Followed by soup and
sandwiches at
Stratherrick Hall,
Gorthleck

LIGHT IN THE DARKNESS

Light In the Darkness is the title given of a large wall hanging in Boleskine Church, which has been created by Ruth and this is her description of the inspiration behind it and the techniques she used to create this beautiful piece of needlework.

The Light in the Darkness hanging is mostly made from plain cotton with some upcycled corduroy, cotton velvet and silk velvet. The sky was ombre dyed by hand to create a gradient with the lightest blue showing at the horizon, and the darkest blue at the top. Most of the design involved appliqueing shapes onto a background, although the words were created using reverse applique, where the letters were cut out of the top layer of fabric to reveal a different colour underneath. The frame is faux chenille made by cutting through multiple layers of cotton gauze, washing and drying the strips then brushing away the cut threads.

Ruth developed the design in August 2024 and completed the hanging over the next 9 months. It was inspired during a weekend retreat entitled "Light in the darkness", based on the bible verse found in John, chapter 1 verse 5, at Lee Abbey in North Devon in January 2022.

The Abbey is shown as Ruth saw it as she walked back up to it from the sea at about 5pm and realised that the scene was a picture of the weekend theme, 'Light in the Darkness'. To Ruth it was a beautiful and dramatic scene which she photographed and then recreated.

It is a theme that resonates at this time of year as the days get shorter and the nights get longer. It is also a comfort when times are dark, whether personally or globally. This hanging reminds us that however dark the night is, or the situation is, even a small light will always win over the darkness.

The hanging is going to be taken to Devon but for now it is hanging in Boleskine Church, and

we would be delighted if anybody would like to come and see it whilst it is with us.

Do come and join us any Sunday at 10.30am for the service or if you would rather just come for the coffee afterwards which is usually about 11.20am... we normally linger over coffee for quite a while!

If Sunday is not a convenient day, then do just get in touch and we can arrange for an alternative time.

Other dates for the diary:

Harvest Thanksgiving
19th October at 10.30am.

A chance to sing some favourite hymns and appreciate all that we see in the fields and hedgerows around us, thanking God for all that He provides for us. As always, coffee after the service.

Carols and readings
21st December at 10.30 am.

A chance to sing together and remind ourselves of the birth of Jesus. Coffee, mince pies and chocolate afterwards.

Fiona King
07484 106435



MASS AT STRATHERRICK CATHOLIC CHURCH

On a glorious afternoon on the 26th of July, during a retreat day, an outdoor Mass was held at the Immaculate Conception Roman Catholic Parish Church, near Whitebridge. The Mass was held at the outdoor altar by the grotto dedicated to 'Our Lady of the Highlands'. Fr Laurence Gambella, Parish Priest of St. Mary's, Huntly Street, Inverness, presided, along with Fr Ryszard Swider, who now serves in Krakow, together with a fellow priest from Poland.

The Catholic Chapel was built in 1859, but the outdoor altar and grotto was opened in



2017 by Bishop Hugh Gilbert OSB, of Aberdeen. Stratherrick is still an active Catholic parish but served by the priest at St. Mary's, Huntly Street, Inverness. For further information, please contact: 01463-233519, or email stmarysinverness@rcda.scot

Chris Gehrke



COMMUNITY COUNCIL NEWS

Interim elections

At our AGM in June, Janet Hobson stepped down from the Community Council (CC) which left the CC with three elected members and as the minimum number is four, we went to an interim election. We were very fortunate that our four co-opted members all put themselves forward for election and we now have a total of seven elected

members of the CC. They are –

Mark Hindley (Chair)
Helen Grainger (Vice-chair)
Olivia Grant (Treasurer)
Christopher Joyce
Mike Slater
Garry McGowan
Craig Lightbody

We would all like to thank Janet Hobson for her valued contributions to the CC and her excellent work as treasurer. She will be missed!

Energy schemes

We attended the 2nd CC convention on Energy Infrastructure in Inverness in August, where 11 MPs and MSPs signed and undertook to take the Convention's Unified Statement to

Holyrood and Westminster which calls for pause on all major energy schemes and a planning enquiry into the cumulative effect on Highland communities. Over fifty community councils were represented at this meeting. Stratherrick & Foyers Community Council's statement on the Cumulative Impact of Renewable Energy Infrastructure Development can be read here – www.stratherrickfoyerscommunitycouncil.org.uk

Whilst we await this to be debated further and action from it, we have received a further scoping planning application for a windfarm 8km south-east of Whitebridge that would see some sixty-five turbines up to 250m in height. Details can be found here -

www.vattenfall.co.uk/our-projects/glenmarkie. A map below shows current and planned wind farms in our and our neighbouring communities.

De-fibrillators

We have produced a map of the current defibrillators that we have in the area that is printed in this magazine. We would encourage you to keep that page and share with visitors. Copies can be emailed or paper copies supplied if needed. We are working on plans to install further de-fibs at Errogie and Inverfarigaig and will be arranging a training event soon for emergency 1st aid that will cover the use of a de-fib. Thanks to Stratherrick &

Foyers Community Trust for funding to purchase de-fibs and to cover costs to maintain them over the years.

Event after Remembrance service

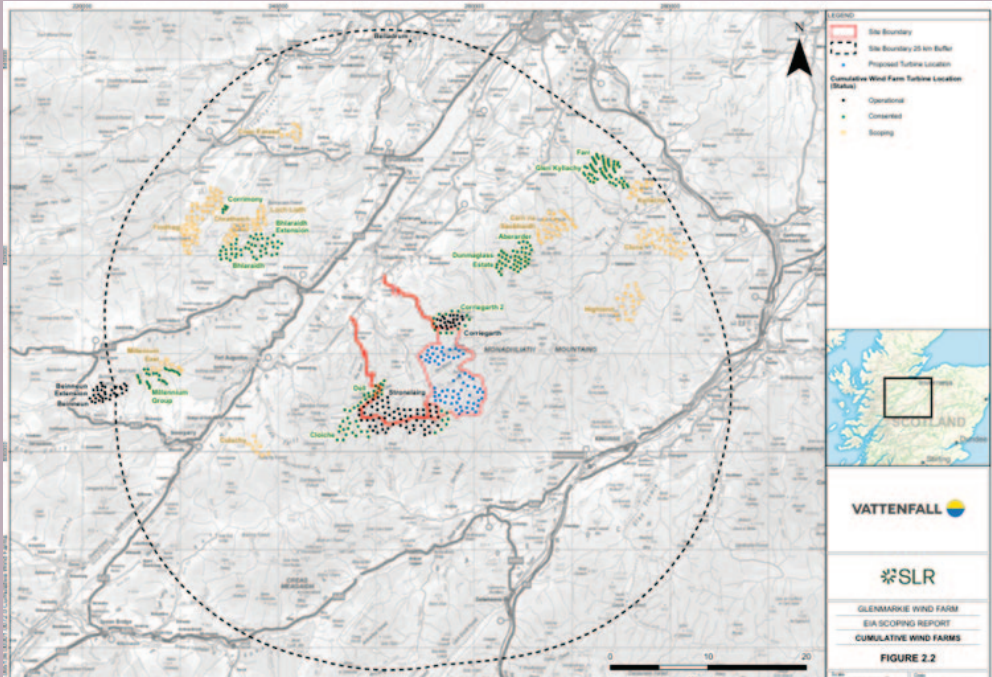
Following this year’s remembrance service at 3pm on Sunday 9th November, we are putting on a gathering at the Stratherrick Public Hall in Gorthleck where soup and sandwiches will be served and a chance to catch up in the warmth. We will also be presenting the wonderful volunteers who look after the war memorial all year round with a Highlands and Islands Area Council Certificate of Merit, having won the Best Kept War Memorial Competition 2024. We are

very thankful for all their hard work. All welcome. Stratherrick & Foyers Community Trust will be doing transport to the service and back to the hall, details to be advertised. We have also applied to the Highland Council for a ½ hour road closure on that day to allow the service to take place safely. Diversions will be in place.

Contact

If you have any questions or wish to raise something with the Community Council, please email our admin on at – email.sfccc@aol.com or our chair on sfcc.chair@gmail.com

Sharon Ferguson



THE NEIL MACKENZIE TRUST TURNS 10!

This year, The Neil Mackenzie Trust celebrates its 10th birthday, and to mark it we are hosting a St Andrew's Ceilidh at Farr Hall on Saturday 29th November! Doors open at 7pm, and we will have live music from local band, Marack. Stovies and refreshments are available, and there will be a Grand Prize Draw with some amazing prizes including a 3-night stay at Farr House, a cruise on Loch Ness and a family pass for the Hill Experience with Cairngorm Reindeer!

You can buy tickets for the Ceilidh by scanning the QR code on the poster, or by visiting Eventbrite. To buy your tickets for the Grand Prize Draw, please speak to Caroline Tucker or Margaret or Angus Mackenzie, or email theneilmackenzietrust@dr.com. To find out more about our charity, please find us on Facebook, or visit our website - www.theneilmackenzietrust.com.

We look forward to seeing you there!

Caroline, Margaret and Angus



St Andrew's Ceilidh

Live Music from Marack

The Neil Mackenzie Trust

Farr Hall
Inverarnie IV2 6AX

Saturday 29th
November

From 7pm

All Welcome!

Tickets: £15,
Primary age
children: £10,
Pre-school children:
Free

- Stovies (using local lamb)
- Tea/ coffee/ soft drinks
- Grand Prize Draw
- Bring your own Bottle

Scan QR code for tickets
or visit Eventbrite

Can you help?
If you are able to volunteer please email:
theneilmackenzietrust@dr.com

STRATHERRICK PUBLIC HALL

Over the last few months Stratherrick Public Hall has been used regularly by several groups, including Bowling on Tuesday afternoons, Dancing on Tuesday evenings and Pilates on Wednesday morning and evening. Thursday sees the singing group in and Sunday evening there is Badminton. There have been birthday parties and various other events, including a meeting by The Heritage Group.

The Luvvies are again planning a play and are currently rehearsing on Friday evenings, we

await the date for the Premier performance sometime in November and there is talk of a repeat performance in December, let's hope so.

The Community Council use the Hall every three months for their meetings.

There is a Christmas Lunch planned on the 19th of December which will be put on by Jan Hargreaves and her team.

Early in December there will be a weekend of various events, charity fashion show, stalls, games etc. This is being put on by Boleskine Community Care. More about that soon.

Janet Hobson

FESTIVE FUN IN STRATHERRICK & FOYERS 2025!

There are already lots of Festive events planned this December by the Community, so save the dates and add them to your diary now!

22nd Nov **Christmas Fused Glass Workshop**,
The Hub, 10am-1pm

5th Dec **Fashion Show**,
Stratherrick Public Hall, Time: TBC

6th Dec **Christmas Craft Fair & Coffee Morning**,
Stratherrick Public Hall, 10:00am - 3:30pm

13th Dec **Kids Community Christmas Party**,
The Wildside Centre, 2 – 4:30pm

19th Dec **Christmas Lunch**,
Stratherrick Public Hall, Time: TBC

20th Dec **Christmas Carols & Ceilidh**,
The Wildside Centre, Time: TBC

21st Dec **Carols and Readings**,
Boleskine Church, 10:30am

25th Dec **Christmas Pot Luck**
at The Hub, Time: TBC

29th Dec **Christmas Shoot** -
Stratherrick Gun Club, Time: 11:00am

All proceeds in support of Highland Hospice

Glamorous

pre-loved

Fashion Show

Stratherrick Public Hall
Friday 5th December
7pm - 9pm

Refreshments & Raffle

Entry:
suggested £5 donation

Highland Hospice

Highland Hospice is a registered Scottish Charity No. SC09227

Christmas CRAFT FAIR & COFFEE MORNING

WITH LIVE MUSIC FROM ERNIE & ALISTAIR AND MONADHLIAH

AT STRATHERRICK HALL

SAT 6TH DEC

10AM - 3.30PM

Our Christmas fair is the perfect place to find unique gifts for everyone on your list whilst supporting local businesses.

FREE ENTRY

RAFFLE

HOT & COLD DRINKS & CAKE
ADULTS £3 CHILDREN £1

FUNDRAISING FOR BCC & STRATHERRICK HALL

FUNDED WITH THANKS BY A MICRO GRANT FROM THE STRATHERRICK AND FOYERS COMMUNITY COUNCIL

For more info contact Kathleen on: 07810706456

SSE

AUTUMN INSPIRATION

PLUM JAM RECIPE

INGREDIENTS

2kg Plums (stoned and roughly chopped)
2kg White granulated sugar
2tsp Ground cinnamon
1tbsp Lemon juice
3 Cinnamon sticks (optional)
Knob of butter

METHOD

Step 1

Sterilise the jars and any other equipment before you start. Put a couple of saucers in the freezer, as you'll need these for testing whether the jam is ready later (or use a sugar thermometer). Put the plums in a preserving pan and add 200ml water. Bring to a simmer and cook for about 10 mins until the plums are tender but not falling apart. Add the sugar, ground cinnamon and lemon juice, then let the sugar dissolve slowly, without boiling. This will take about 10 mins.

Step 2

Increase the heat and bring the jam to a full rolling boil. After about 5 mins, spoon a little jam onto a cold saucer. Wait a few seconds, then push the jam with your fingertip. If it wrinkles, the jam is ready. If not, cook for a few mins more and test again, with another cold saucer. If you have a sugar thermometer, it will read 105C when ready.

Step 3

Take the jam off the heat and add the cinnamon sticks (if using) and the knob of butter. The cinnamon will look pretty in the jars and the butter will disperse any scum. Let the jam cool for 15 mins, which will prevent the lumps of fruit sinking to the bottom of the jars. Ladle into hot jars, seal and leave to cool. Will keep for 1 year in a cool, dark place. Chill once opened.

Jennifer Macdonald
Recipe from www.bbcgoodfood.com

ABC MUFFINS

INGREDIENTS

- 200 g self raising flour
- 50 g oats
- 80 g sugar or sugar alternative
- ½ teaspoon baking powder
- 1 teaspoons ground cinnamon
- 100 g butter melted and cooled
- 100 ml oat milk
- 2 eggs
- 1 banana mashed
- 1 medium apple grated
- 1 small carrot grated

METHOD

1. Preheat the oven 180c fan. Prepare your muffin tins.
2. For dry ingredients: Begin by adding the self-rising flour, oats, sugar, cinnamon and baking powder to a large bowl, mix well.
3. For the wet ingredients: add the melted butter, milk and eggs to a jug, whisk well.
4. Add the grated apple, mashed banana and grated carrot to the bowl with the flour, mix with a fork.
5. Pour the wet ingredients into the dry and stir to combine.
6. Scoop into the muffin tins.
7. Bake in the oven for 20-25 minutes until golden on top and cooked through.
8. Test with a cocktail stick- when it comes out clean they're done.

STORAGE TIPS

To freeze:

Cool completely, label a zip lock bag, put them in the bag, freeze for 3 months.

To defrost:

Take a muffin or 2 from the freezer, put them in a container with a lid, leave to defrost overnight on the worktop. Put them in the lunchbox in the morning.

If you forget to defrost the night before- microwave for 30 seconds in the morning.

Jennifer Macdonald

COMMUNITY TRANSPORT

Since launching our community transport project in July, we're pleased to share a quick update on how things are going so far:

Usage Statistics (July – September):

- Trips Offered: 23
- Trips Requested and Completed: 5 (with 4 more already booked in)
- Total Passenger Numbers: 57

This early usage shows that there's some interest and need for accessible local transport in our area, and we're excited to see how it grows from here.

MINIBUS UPDATE

We are still waiting for delivery of our own community minibus, which is being purchased for us by Highland Council. Unfortunately, there have been delays outside of our control, but we understand that they are working urgently to source a temporary vehicle for us in the meantime.

We'd like to say a big thank you to Cllr David Fraser for his continued support in trying to help resolve this issue.

We Want Your Feedback!

To help shape the future of the service, we'll soon be reaching out to:

- Individuals and groups who have used the transport – to hear what worked well and what could be improved.
- The wider community – to find out what kinds of trips or routes you'd like to see available.

Your feedback will help us tailor the service to best meet local needs – please email funding@sfctrust.org.uk or call 07949 916955 if you have any comments/requests.

Thank you for your continued support, and we look forward to updating you again soon.



Stratherrick & Foyers Community Trust

AGM

Wednesday 26th November 2025
The Wildside Centre, Whitebridge
7pm

For more information visit
www.stratherrickcommunity.org.uk

FARIGAIG FOREST CLASSROOM GETS A FRESH NEW LOOK THANKS TO SFCT STAFF EFFORT

The Farigaig Forest Classroom has recently undergone a series of improvements, thanks to the dedication and hard work of the Stratherrick and Foyers Community Trust's brilliant Facilities Officer, Mandy.

The Forest Classroom, which was officially taken on by the Community Trust through an asset transfer from Forestry & Land Scotland earlier this year, is a valuable local space. Now, after a thoughtful refresh, it's even more welcoming and fit for purpose.

What makes this transformation especially impressive is that the bulk of the improvement work was carried out in-house by Mandy, saving the Trust a significant amount of money while still delivering high-quality results.

We have the toilets open to the community and visitors and will be seeking views on usage ideas and names for the building and grounds soon.

Stratherrick and Foyers Community Trust would like to extend a huge thank you to Mandy for her exceptional work, dedication, and care in preserving and improving this special community resource.

It's a great place to park and view some of our local trails that have been mapped by the pathways group, which can be found here - www.stratherrickcommunity.org.uk/walk-the-walks/



HIGHLAND GATHERING

This summer's Highland Gathering seems a distant memory, but it was another successful event, enjoyed by a large number of people from both the community and further afield. The feedback has been overwhelming positive, and it has been great to hear the direct impact that the event has had on those involved. Caroline from the Great Glen Ferret Association was happy to share with us that 'Our fund-raising revenue was up 22% on last year, and our takings weren't far off from what we took at the Inverness Highland games this year. Thanks for having us again on Saturday- we had a lovely day and met some fabulous people as well.' It's great to be able to support local charities and traders and see the benefit that comes out of an event such as this.

Thanks again must go to Henry and Molly Fraser of Corriegarth Estate, and also our sponsors; BayWa.re, SSEN and Glen Earrach Energy for their financial support.

We will be seeking sponsorship again for next year's event, so if you are a local business who would be interested in supporting the Highland Gathering going forward, please get in touch with Sharon by emailing funding@sfctrust.org.uk.

We also want to thank all our volunteers, both those who helped out on the day, and setting up/ taking down on either side of the event, but also those who took on the organising of specific elements of the day. If it wasn't for your help, the Highland Gathering would not be the success it was. Going forward, we would like to set up a Highland Gathering committee to help organise the event. Would you like to be part of this? Do you have ideas of things that you would like to see at future Highland Gatherings?

Please get in touch with Caroline by emailing pc@sfctrust.org.uk if you are interested. We will have our first meeting in November – please keep an eye out for the date!

Caroline Tucker, Project Co-ordinator



FOYERS BAY

The key goal for the Foyers Bay steering group this year is to encourage and monitor community use. We officially opened the facility on the 3rd of May 2025, with the knowledge that there is still more work to do, but that the facility is in a position where it can be used safely. In order to complete this stage of work, we recently purchased a second-hand cabin from Boleskine House, which will provide indoor facilities for Bay members. We will soon be arranging a work day to spruce up our new cabin and do any other maintenance that may be required at the Bay before winter. Potential dates for this will be circulated shortly. We are also in the process of getting electricity connected – we hope this will be fully complete by the end of October.

Unfortunately, due to work commitments, Malcolm Stewart stood down as Lead Director for this project earlier this year. Malcolm has been instrumental in moving this project forward over the last couple of years. Thankfully, he is still going to remain an active member of the steering group, so we won't lose his expert knowledge! We are

pleased to welcome Maire Brown as our new Lead Director, and her enthusiasm will be a great asset to this project.

If you would like to become a member of Foyers Bay, please contact Kirsteen by emailing admin@sfctrust.org.uk.

Caroline Tucker, Project Co-ordinator



THE WILDSIDE CENTRE

Did you know booking the Wildside Centre is quick and easy?

Just visit <https://hallbookingonline.com/wildside/>.

Even better – community groups can book it for FREE! What's not to love?

If you have any questions or run into any issues, simply email admin@sfctrust.org.uk and Kirsteen will be happy to help.



ERROGIE CHURCH

This year, the focus for Errogie Church has been ensuring that the building is compliant for community use. There has been a lot of work, and discussions with industry professionals, to ensure that any future work meets all required standards. To this end, last

month we invited local contractors to tender for works on the building to include:

- Improve access/ egress at the West end of the building by upgrading the existing exit with a fire safety door.
- Upgrade the current toilet space to form a designated accessibility toilet, and add two further toilets for general use.
- Upgrade the main entrance with disabled ramp and create a dedicated disabled parking space at entrance.
- Install basic kitchen facilities.

As soon as we have completed the tender process, we will update the community with progress.

Caroline Tucker, Project Co-ordinator

RIVERSIDE FIELD

Following the decision to allow the planning permission for the previously proposed use of the field to lapse, I have been encouraged by the feedback that I have received which advocates a more environmental, health and well-being and bucolic approach, for example, trim path, Zen garden, wooden pump park, gym equipment etc. to encourage and advocate an intergenerational use of this community asset. Unfortunately, we have not

been able to progress the project as quickly as I would have liked but I am hopeful that we will start to address this over the winter months.

My aim is to encourage local community members to come together to map out the first phase of what will hopefully be a journey as requirements of the community evolve over time. Once the community ideas have been identified and prioritised, we will work together to obtain the necessary funding to fulfil their plans.

JOIN THE TRUST

All residents of Stratherrick and Foyers are welcome to join the Trust. It is free, you get regular email updates and can vote at AGMs, or even become one of our volunteer directors. To join, complete the short form online!

<https://sfctrust.org.uk/join-the-trust/>

LOCAL TALENT GETS A BOOST THANKS TO COMMUNITY TRUST APPRENTICESHIP GRANT

A promising local apprentice has taken a significant step forward in his career thanks to support from the Stratherrick and Foyers Community Trust. Lewis Slaters, a well-established roofing business based in the area, has been successfully awarded funding through the Trust's Apprenticeship Grant Scheme — enabling them to take on apprentice Lincoln Lewis as he begins his training in Roof, Slating, and Tiling at Dundee and Angus College. As part of his course, Lincoln is also studying Solar panel installation.

This initiative is part of the Community Trust's ongoing efforts to invest in people and strengthen the local workforce by supporting sustainable employment opportunities within the community.

Chris Lewis, owner of Lewis Slaters, welcomed the support, explaining that taking on an apprentice is both a commitment and a long-term investment.

'Thank you to Peter Faye and Sharon Ferguson for their hard

work and commitment getting us where we are and thanks to all members of the board for this fantastic opportunity, it is a lot financially to take on an apprentice when they are away at college a lot but the training he is getting is fantastic. It's great Lincoln is taking the company in a different direction in the future with Solar panel installation as well as traditional roofing, it's exciting times for the company to look at other options in this industry.'

Lincoln Lewis, now several weeks into his course at Dundee and Angus College, is already gaining hands-on experience with a mixture of college-based learning and on-site work with the Lewis Slaters team.

'I am really enjoying the course and delighted with the help from the community trust, and I hope to be an asset to the local community once fully trained and established with Lewis Slaters.'

Peter Faye, Chair of the Stratherrick and Foyers Community Trust, praised the successful application, noting the importance of supporting local trades and nurturing young talent.

'I am of course delighted that another Apprentice will have the benefit of the substantial support offered by the Trust on behalf of our community. It's a great thing to see a youngster training thoroughly in a valued trade and cannot be seen other than as an investment in the future of our community as

a whole. I wish Lewis the very best of luck and every success in the future.'

The Trust's support demonstrates its commitment to building a skilled, resilient local economy—where people like Lincoln can learn, grow, and eventually contribute their skills back into the community. This award now means the trust have two apprenticeships running as we are also currently supporting Lewis Fraser in his bricklaying apprenticeship with A. Fraser Builders.

The apprenticeship scheme has been running for many years now and is collaboratively run with our neighbours in Fort Augustus and Glenmoriston, Glengarry and now Laggan has also joined the scheme. Decisions are made by a joint panel of Directors from all these areas and SSE sit on the panel.

This success story has been made possible thanks to funding from SSE Renewables and Greencoat UK Wind, whose continued investment in the Stratherrick and Foyers Community Trust helps deliver real, lasting benefits to the local area.



GRANTS AWARDED



ROYAL INTERNATIONAL HORSE SHOW 2025

Thanks to the generous £250 Sporting Grant, Olivia and Lottie competed at one of the most prestigious events in the equestrian calendar - The Royal International Horse Show at Hickstead, England.

They took part in the highly competitive, Intermediate Working Hunter class, a real showcase of jumping ability, accuracy and partnership between horse and rider. Olivia finished 8th place. It was a huge journey of over 1200 miles there and back the grant helped towards travel costs.

Olivia is incredibly grateful for the support of Stratherrick & Foyers Community Trust which has allowed her to continue to develop as a rider to stay in top level competition.



Growing up in Glenlia, I always had a strong passion for all things flora and fauna. I decided to pursue this at the University of Aberdeen, where I am currently entering my third year of a Biological Sciences degree with a view to a career in Zoological Conservation.

Thanks to the Stratherrick & Foyers Community Trust student grant I was able to attend a week-long intensive marine field ecology trip to the Millport Field Studies Council on the Isle of Cumbrae. This invaluable opportunity allowed me to gain hands-on experience in ecological fieldwork and research.

During my time on Cumbrae, I took part in a group research project investigating shell preference in *Pagurus bernhardus* (hermit crabs), with a focus on how availability and environmental conditions influence shell selection. This involved shore sampling, laboratory work with live specimens, statistical analysis and a final academic presentation of our findings. A highlight of the week was the opportunity to participate in advanced benthos sampling onboard the RV Actina research vessel, gaining insight into the complex ecological systems of the seabed.

Charlotte Page



Image of common sunstar I found during training of ethical handling techniques

I am Grant MacGruer, and I grew up in Foyers.

I have received the Further Education grant from Stratherrick & Foyers Community Trust throughout my Higher Education, which has now come to an end.

I started by undertaking the Physics with Astrophysics course at the University of Glasgow, which led into a Master's degree and now into a postgraduate research position which, if successful in October, will lead to me gaining my doctorate in Physics.

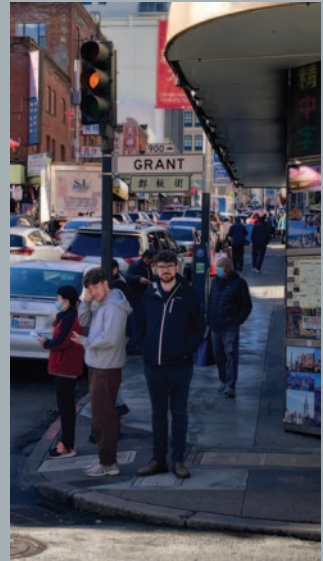
Throughout my time studying Physics I have specialised in the field of Optics, namely camera and imaging

technologies, and my research focused on building a methane imaging device that allows gas leaks to be identified quickly and easily.

This work led me to having a scientific article published, as well as having the opportunity to present my work at international conferences.

Over the years the grant money has helped me in many ways, I was able to buy textbooks for my undergraduate studies, and throughout my postgraduate studies it has covered the cost of the commute to university each day.

I am about to undertake a position as a research



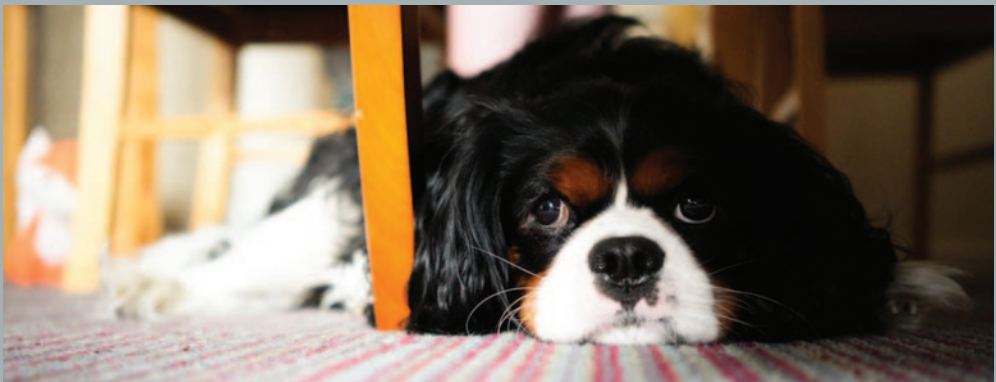
assistant at the University and hope to transition from academia to a position within the optics industry in the near future.

I'm currently in my third year studying Gaelic and Scottish Ethnology at the University of Edinburgh and as I stay in Gorthleck out of the university's term time I have been in receipt of the

Stratherrick & Foyers Community Trust's student grant. The grant has been of great help to me to cover the high cost of living in such a tourist centric city. My dog, Archie, sometimes stays with

me in Edinburgh and the grant helps me pay for the train fares to come back home as dogs are not allowed on long-haul buses.

Many thanks, Annalise Beith



MONADHLIATH

Monadhliath was formed in 2018 and has currently four members. Lesley Morrison, Shaughna McLuckie, Jenni Troup and Christiane Morley.

We are an A Capella group led by Christiane Morley and are singing contemporary songs, modern arrangements of traditional songs and Christiane's own compositions. We have been singing at community events for the last few years. This year we were awarded a Stratherrick & Foyers Community Trust grant to buy microphones and an amplifier. This allows us to sing at larger gatherings within the community, and we sang for the first time at the Highland gathering in July at Corriegarth Estate.

Christiane Morley



SCOTSHAVEN

I run Scotshaven Holistic Therapies and yoga based in Gorthleck. We provide yoga classes

and complementary therapies to community members and visiting tourists.

My current studies, part funded by Stratherrick & Foyers Community Trust, are in Ayurvedic yoga and pregnancy yoga. This will enable me to provide pregnancy yoga classes for anyone who doesn't want to travel to Inverness.

Ayurvedic yoga is the science of yoga, and my studies are expanding my knowledge so that I can share this with other people and help them to live a healthier and more fulfilling life.

Gill Gray

Interested in applying for a grant from SFCT?

Head over to <https://sfctrust.org.uk/grants-and-schemes/> to get started.



I wanted to say a massive “Thank you” to Stratherrick & Foyers Community Trust for supporting me during the last few of years of my studies!

This degree required a lot of sacrifice. I had to spend a significant amount of time away from home and my family, travelling between countries, working while I had a break from studies. We spend all our savings and funds to cover my tuition fees, living and travelling expenses. My amazing husband Aros and our lovely son Magnus showed unconditional support and helped me to push through when I was feeling down. I am very grateful to everyone who supported and encouraged me along the way, our extended family, my

patients and colleagues from the pharmacies, Fort Augustus Community Company, the team at Cill Chuimein Medical Centre, my professors and fellow students at the university, and Stratherrick & Foyers Community Trust.

I always cared about people, so I became a pharmacist. I graduated as a Doctor of Medicine in July 2025, and now I am looking forward to continuing with my training in the area and helping even more people.

Neringa Matheson

APPLY FOR A DRIVING LESSON GRANT!

Driving is recognised as a vital skill in many rural communities where public transport is limited or unavailable and obtaining a driving qualification can support the sustainability of rural populations. The aim of this grant is to provide payments to support individuals who reside in the Stratherrick & Foyers Community Council area in taking driving lessons, including motorcycles, where it is usually necessary to drive to access the range of opportunities that residents of other areas are more

readily able to access. This grant seeks to bring meaningful benefit to both the individual and the wider community in terms of improving access to employment, education and training, or to support rural regeneration, i.e. a viable and economically active population, more broadly.

This is an exciting new opportunity for residents within the Stratherrick & Foyers Community Council area, and we welcome applications within the normal grant cycle as per the Stratherrick & Foyers Community Trust website. Please read and familiarise yourself with the guidelines prior to applying. You can view the application form and guidelines via the following

link:

<https://www.stratherrickcommunity.org.uk/driving-and-motorcycle-lessons-grant/>

Please contact Sharon Ferguson:

funding@sfctrust.org.uk or Kirsteen Campbell: admin@sfctrust.org.uk to answer any questions or to help filling out the form.

Kirsteen Campbell
HR and Administration
Officer



GRANT GUIDELINES AND FORMS UPDATE

Stratherrick & Foyers Community Trust staff have been working hard updating the current grant guidelines and application forms. In a bid to simplify the application process, all forms have been upgraded from paper to online, and we hope that applicants will find this system more user-friendly.

Stratherrick & Foyers Community Trust staff will be holding several events throughout the year for members of the community to find out more about the grants available and to answer any questions you may have in relation to the application process. We also have two members of staff available at the end of an email to answer any questions and to help applicants whenever it's needed, ensuring everyone has access to the grants on offer. Currently we have the following grants available:

TYPE OF GRANT	WHAT YOU CAN APPLY FOR
Student	One application per year to the maximum value of £500.00.
Sporting and Excellence	Two applications per year to the maximum value of £250.00 each.
Driving and Motorcycle Lessons	One application per applicant to the maximum value of £300.00.
Large Groups	One application per year for groups who wish to apply for more than £25,000.00.
Constituted Groups for Community Benefit	Two applications per year to the maximum value of £25,000.00 each per project.

All application forms and guidelines can be found on the grant section of the website: www.stratherrickcommunity.org/grants-and-schemes and you can contact Kirsteen our Administration and HR Officer on admin@sfctrust.org.uk or Sharon our Fundraising Officer on sharon@sfctrust.org.uk if you have any questions or would like help to apply for a grant from SFCT.

Kirsteen Campbell
HR and Administration Officer

Grant Application closing dates:

- 21st October 2025
- 21st December 2025
- 21st March 2026
- 21st June 2026
- 21st September 2026
- 21st December 2026

Grant Board Meeting dates:

- 3rd December 2025
- 4th February 2026
- 6th May 2026
- 5th August 2026
- 4th November 2026
- 3rd February 2027

We're always updating our mailing list!

If you've missed out on any of our recent publications, we'd love to keep you in the loop. Just send your postal address over to admin@sfctrust.org.uk and we'll make sure you're added to the list.

HEALTH & WELLBEING

Sing to Breathe Groups

A new Sing to Breathe group is launching in Inverness, led by Julie Harvey, a vocal/music teacher living in Stratherrick.

Julie is a song leader for the Cheyne Gang, a Scottish Charity which offers singing groups for people experiencing breathlessness, often associated with long-term conditions such as asthma, COPD, bronchiectasis, Long Covid, anxiety and many others.

Now in partnership with Chest Heart Stroke Scotland, the first Highlands group is starting at the end of September.

The group helps people to manage and control breathing through singing and specific breathing exercises as well as incorporating gentle movement.

Singing with others is enjoyable and with the opportunity for a good chat over a cuppa, our singers report they 'feel good' after sessions, often experiencing improved sleep, mood, memory.

The sessions start on WEDNESDAY 24th September at Raigmore Community Centre, 125 Ashton Rd, Inverness IV2 3UY and run alternate Wednesdays.

No singing or music experience is required



Managing a respiratory condition or struggling with breathlessness?

Join your local Sing to Breathe Group!

Singing with other people is fun and can help control breathlessness and improve wellbeing.

Inverness
Raigmore Community Centre
125 Ashton Road, Inverness, IV2 3UY
1pm–2:30pm Alternate Wednesdays

- 24th September 2025
- 8th & 22nd October 2025
- 5th & 19th November 2025
- 3rd & 17th December 2025

Please contact Jane Pamerter on **07788130594** to check dates and find out more.

No singing experience needed. Just come along and enjoy the music, the laughter and the company.

Programme and logo created by the City of the Future (City, Scotland and Scotland). Chest Heart & Stroke Scotland is a charity, created using a new trademark in 2016 and registered in Scotland as a company limited by guarantee, no. 1020084.



**Stress prevention
Qigong and 8 step
Yang style Taichi**

**Stratherrick Hall, Gorthleck
Thursday 2.30-3.30
The hub Foyers,
Monday 10.30-11.30**

Free class with Kathleen Farnham

CELEBRATING TEN YEARS OF LIBRA HOLISTICS

Earlier this year, I was delighted to celebrate a very special milestone — ten years of Libra Holistics. When I opened my doors a decade ago here in Lower Foyers, I could never have imagined the journey it would take me on, the incredible people I would meet, and the deep sense of purpose it would bring to my life. To reach this ten-year anniversary feels both humbling and joyful, and I want to take this opportunity to thank all of my wonderful clients and students, both locally and from further afield, who have supported me over the years. Without you, Libra Holistics would not be what it is today.

From the very beginning, my vision was to create a welcoming space where people could come to rest, restore, and reconnect — not just with their bodies, but with their minds and spirits too. Holistic therapy is about seeing the whole person, and I have always felt privileged to support people in finding balance, healing, and renewed energy. Over the years, I have witnessed first-hand how a single treatment or a course of therapies can make such a difference — easing pain, lifting stress, bringing comfort,

and restoring hope. There is nothing I love more than helping people to feel better, and I never take for granted the trust that people place in me when they come through my door.

Some of my most popular treatments continue to be Swedish Massage, Reiki, and Reflexology. Each one offers something unique, and I am always amazed at how powerfully they can support well-being. Massage works so beautifully on the body to ease tension and soothe tired muscles, while Reflexology can bring balance and release on a deeper level. Reiki remains one of the therapies closest to my heart — its gentle, nurturing energy has supported so many people

through times of change, challenge, or simply the busyness of daily life.

In addition to my treatments, teaching has become an incredibly fulfilling part of my work. Over the years, many people from the Highlands — and even further afield — have trained with me in Reiki and Crystal Healing. I've had students travel from as far as Shetland and London to join me here by Loch Ness, which feels like such an honour. When the weather allows, we sometimes take our training outdoors, spending time by the water and in the beautiful surrounding landscape. There is something profoundly special about learning and connecting with energy work in nature, and Loch Ness

LIBRA HOLISTICS

Price List

SWEDISH MASSAGE 90MIN	£70
SWEDISH MASSAGE 60MIN	£50
SWEDISH MASSAGE 30MIN	£30
NATURAL FACELIFT MASSAGE	£60
REFLEXOLOGY 90MIN	£70
REFLEXOLOGY 60MIN	£50
REIKI 60MIN	£50
HOPI EAR CANDLES	£40
INDIAN HEAD MASSAGE	£40
CRYSTAL HEALING 60MIN	£50
SOUL DELIGHT FOOT TREATMENT	£75
TAROT READING	£50
TAROT & HEALING 120 MIN	£100
SOUND BATH	£50
SOUND BATH 2 PEOPLE	£80
SOUND BATH 3 PEOPLE	£100
CACAO CEREMONY	£100
CACAO CEREMONY 2 PEOPLE	£140
CACAO CEREMONY 3 PEOPLE	£180
MENTORING	£50



provides the most magical backdrop. These training days are often filled with as much laughter as learning, and it brings me great joy to see my students go on to use their skills to help others.

One of the things I have always promised myself is to never stop learning. The world of holistic therapies is rich and ever-evolving, and I want to ensure that I am always offering my clients the very best. To that end, I am continually training and expanding my skills. Most recently, I qualified in Natural Face Lift Massage, a beautiful treatment that combines the benefits of lymph drainage massage with facial reflexology and Indian massage techniques to rejuvenate and refresh the face naturally. It has been wonderful to see how clients have responded to this new offering — not only does it leave the skin glowing, but it also provides deep relaxation and a sense of renewal.

As Libra Holistics has grown, so too has the community around it. Some clients have been with me since the early days, while others are newer faces, but each person who walks into my practice brings their own story and energy, and I am grateful for them all. I know how busy life can be and how difficult it is to carve out time for self-care, so I feel honoured each time someone chooses to book in with me. To

make it easier for people to give the gift of relaxation, I also offer gift vouchers, which have proved popular for birthdays, Christmas, and special occasions — because what could be more thoughtful than giving someone the chance to rest, restore, and nurture themselves?

Looking back over the past ten years fills me with gratitude. There have been challenges, of course, as with any journey, but the rewards have far outweighed them. The smiles, the sighs of relief, the moments of stillness, and the words of thanks from clients have made every step worthwhile. I feel incredibly blessed to be able to do what I do, and I never underestimate the power of human connection, touch, and energy in creating real change in people's lives.

As I look ahead, I am excited about the future of Libra Holistics. My aim is to continue offering the therapies people know and love, while also bringing new treatments and opportunities for learning. I will keep developing myself so that I can bring fresh knowledge and skills to my practice, and I hope to welcome both familiar and new faces through my doors in the years to come. Finally, I want to say the biggest thank you once again to all of my clients and students, past and present. Whether you have come for a single treatment, trained with



me in Reiki or Crystal Healing, or been part of my journey for years, you have played an important part in helping Libra Holistics reach this ten-year milestone. Your trust, support, and encouragement mean the world to me.

Here's to the next chapter — to more healing, more learning, and more opportunities to help people feel better in mind, body, and spirit.

Lindsey McNaughton -
Libra Holistics

To book a treatment or to purchase a gift voucher, please visit www.libraholistics.com/book-online or call me on 01456 486562.

PILATES

Pilates is a mind-body exercise method focusing on controlled, low-impact movements that build core strength, flexibility, posture, and balance. It involves coordinated breath, movement, and focus, working the whole body to create balanced strength and improve overall physical function.

Benefits of Pilates:

- Builds core strength
- Improves balance & posture
- Increases flexibility
- Reduces stress and tension
- Supports pelvic floor health

CLASS TIMES AT STRATHERRICK PUBLIC HALL, GORTHLECK:

Wednesdays

Morning: 10:00 AM • Evening: 7:00 PM

£5.50 per class

Whether you're a beginner or looking to deepen your practice, these classes are a great way to move your body and meet others in the community.

All are welcome – bring a mat (or one can be provided) and a smile!

Let's move, stretch,
and feel great together!

Sue Fisher



SCOTSHAVEN COMPLEMENTARY THERAPIES

A HOLISTIC AND NATURAL APPROACH TO HEALING MIND, BODY & SOUL

Our main focus at Scotshaven is to help people escape from the stresses of modern life and to reconnect with their bodies and minds. Life's journey can at times be difficult; you may feel lost, anxious or depressed, here at Scotshaven

we're here to support you through the ups and downs, making your wellbeing our priority.

We focus strongly on mental health and the effects this can have on our minds and bodies and offer many techniques such as Meditation, Yoga, Breathwork, Sound Baths, Massages, Reflexology and Reiki to help calm the mind and heal the body.

Meditation

Meditation serves as a powerful tool for self-exploration, personal growth and spiritual development. It offers a path to inner peace, clarity of mind, and connection to the present moment. The word meditation means 'to think, contemplate, devise, ponder' and originated around 1500BC. It is a mental exercise that involves focusing your mind on a particular object, thought or activity to achieve a state of mental clarity, emotional calmness, increased awareness and spiritual enlightenment and has been practised for thousands of years. The true purpose is to connect with your deep inner self so that you can experience inner peace and bliss leading to the removal of stresses and overall improvement in health.

There are various types of meditation and it's important to find one that works for you. Here are just a few –

Mindfulness meditation, Loving Kindness meditation, Body Scan meditation, Breath Awareness, Guided meditation, Sound meditation, Mantra meditation and Walking meditation.

Meditation is something that you have to practice, and it may seem impossible to begin with, especially if you have a very active or anxious mind. However, the more you practice, the easier it becomes, and the benefits will soon outweigh the effort!

Meditation and Stress

Everyone experiences stress, it's an inevitable part of life. You can't see or touch stress, but you can feel its effects on your mind and body. In the short term, stress quickens your heartrate and breathing and increases your blood pressure. When you're constantly under stress, your adrenal glands overproduce the hormone cortisol. Over exposure to this hormone can affect the function of your brain, immune system and other organs.

Chronic stress can contribute to headaches, anxiety, depression, heart disease and even premature death.

Meditation, particularly mindfulness meditation, creates a space between your thoughts and your reaction to those thoughts. Instead of being swept away by mental activity, the practice of meditation simply invites you to witness what's happening in your mind without judgement and understanding that you don't have to act on your thoughts.

The more we sit and notice the thoughts, the more we realise that we are separate from them. We don't label them or identify with them; we simply watch them like clouds passing across the sky. The clouds come, the clouds go. This separation is especially helpful when it

comes to relieving stress because we learn not to get swept up into a stress spiral.

With consistent practice, meditation can trigger tangible changes in your brain that enhance your ability to manage stress. Meditation also helps you develop mental resilience. Just like a regular workout strengthens your body, meditation is a workout for your mind. The more you flex those mental muscles through meditation, the stronger they become, helping you improve your ability to bounce back from a stressful situation rather than becoming overwhelmed.

***“The calmer you are, the clearer you think.
Let your decisions come from a place of
peace, not reaction”***

If you are interested in joining our friendly and welcoming Scotshaven community or would like to know more about meditation, yoga classes or any of the other services we provide, please don't hesitate to contact either Gill or Alannah on 07808 803445/07415 763836 or email scotshaven.therapies@btinternet.com www.scotshavenwellbeing.com FaceBook: ScotshavenHolisticTherapies



**If you just fancy
a bit of pampering,
we offer
Facial
Treatments
&
Gel Manicures**



INSPIRATION SCOTLAND

This year has been a busy time for Inspiration Scotland so far. Last November I purchased numerous different types of willow shoots, which we planted in February alongside already established willow on our Croft. The hope is to become self-sufficient in willow for the courses I run. I attended the Highland gathering where I offered two



free workshops on how to make a tea-light holder from willow. 15 people attended and everyone seemed to have great fun, judging by the laughter. As Autumn comes round and the nights draw in, I will be running a workshop in Drumnadrochit and hopefully another in Stratherrick.

I am available to undertake commissions and to instruct individuals or small groups on my Croft.



Inspiration Scotland has also been involved alongside others in a new project in the community that we called "Time to share". This is an initiative where members of the community who have a particular crafting skill demonstrate the skill at our practical sessions where all attending can have a go. So far we have enjoyed evenings learning needle felting, crocheting a beret hat and a fabric scraps dance. At the next evening, we will learn gelli printing.

If anyone would like to share a skill, please contact me on info@inspiration-scotland.com

Christiane Morley

A WARM THANK YOU FROM CAMERONS TEA ROOM

We would like to say a heartfelt thank you to our wonderful community for your continued support. It means so much to us, and we're always delighted to welcome both local faces and new visitors through our doors.

From October, we're pleased to announce that we'll be opening five days a week — Wednesday through Sunday, from 10am to 3pm. A warm welcome awaits, along with our full Scottish breakfast made with local produce, delicious soups, home-made scones, and freshly baked cakes. Lovely fresh coffee, teas and of course the roaring fire.

We're also excited to share something a little different — you can now meet our lovely Highland cows! Guests can pre-book to walk and groom them, a truly special experience for animal lovers of all ages. To book, simply email us at camerontearoom@gmail.co.uk

Looking ahead, we'll once again be holding our wreath-making workshops this year (dates to be confirmed early December so keep an eye out). And for the festive season, we'll be offering our charcuterie boards, available to pre-order for Christmas Eve, New Year's Eve, and New Year's Day — more details coming soon!



TEAM SPOTLIGHT

CONGRATULATIONS, LEXI!

We'd like to give special recognition to Lexi Cameron, a strong part of the Camerons Tea Room team. Lexi has done incredibly well showing her Highland Heifers Fergie and Connie at local agricultural shows this year, and we're so proud to share that she was awarded Champion at the Lochaber Show. Well done, Lexi — a fantastic achievement!

We look forward to welcoming you back to Camerons Tea Room this autumn for great food, warm company, and a true taste of the Highlands.

Follow our updates on Facebook & Instagram -

Cameronstearoom
www.lochnesstearoom.com
 Call us on 01456486572

Thank you,
 Morag and Team.

DIRECTORY

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Calum Martin Production Services

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Foyers House and the Wee Dram

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Foyers Stores and Post Office Tel: 01456 486233

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Scotshaven Complementary Therapies

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The Wee Haven at Scotshaven

Mob: 07808 803445

Website: airbnb.co.uk/rooms/33110398?_set_bev_on_...

Tim Lucas Forest Management

Tel: 01456 486729 Mob: 07781341894

Email: tim@timlucasforestmanagement.co.uk

Wildside Highland Lodges

Tel: 01456 486373 Email: info@wildsidehighlandlodges.com

Website: wildsidelodges.com/

William Fraser Haulage

Mob: 07778 927591 Email: williegorthleck@tiscali.co.uk

We would love to expand and update our Directory so if you run a business in the Stratherrick & Foyers area, and you would like a listing, please contact Calum at marketingofficer@sfctrust.org.uk to be added. The Directory can be found at <http://sfctrust.org.uk/directory/>



Information and Map of Local defibrillators

What to do if you think someone is having a cardiac arrest -

Phone 999 immediately and ask for an ambulance if someone stops breathing or loses consciousness.

CPR; after you've phoned for an ambulance, the call handler will talk you through how to do chest compressions.

Get help, send someone to collect a defibrillator for the patient whilst CPR is continued

De-fib Locations

Whitebridge Hotel, Whitebridge, IV2 6UN

Stratherrick Public Hall, Gorthleck, IV2 6YR

Foyers Stores, Upper Foyers, IV2 6XU

Loch Ness Shores Campsite, Lower Foyers, IV2 6YH

BCC Hub, Lower Foyers, IV2 6YB

Stratherrick Clay Target Club, Torness, IV2 6UB

What3words location

shuttle.caressing.newsstand

keyboards.giant.blacked

drives.unpacked.jumbo

riches.kindest.initated

hippy.tides.tenure

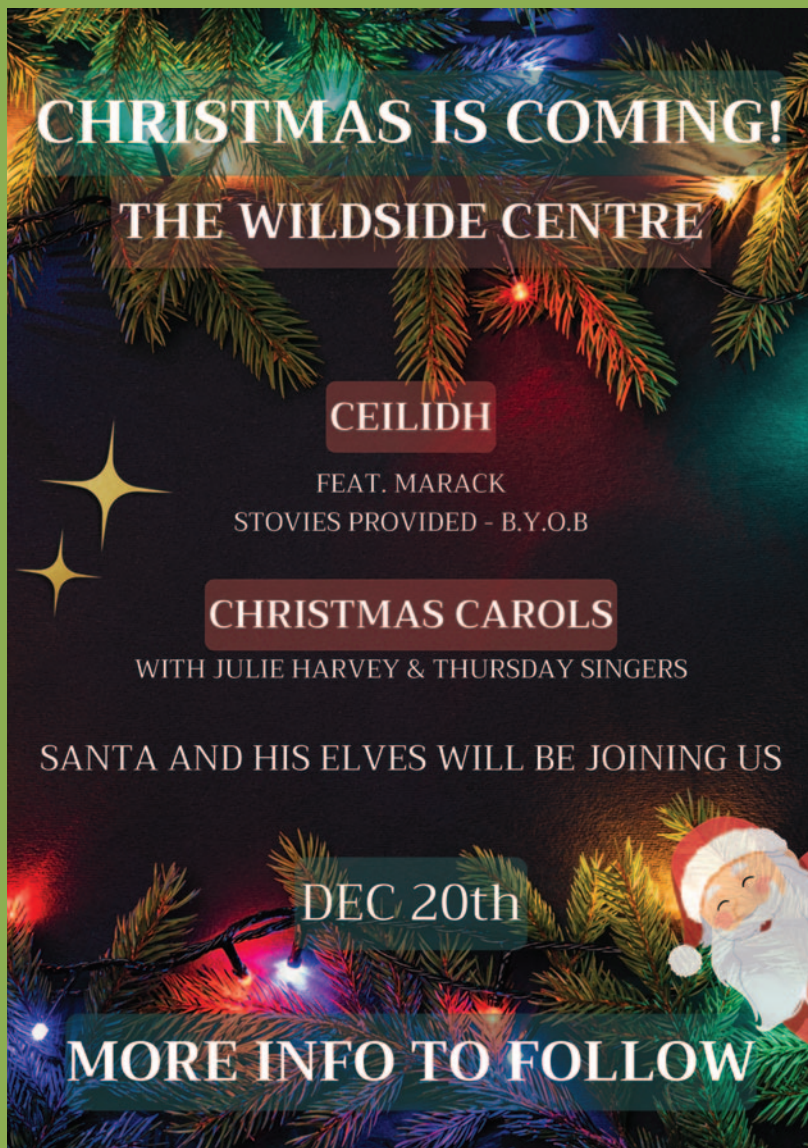
estimated.loopholes.extend



Local Doctors Surgery, Lower Foyers: 01456 486224

If you find a de-fib that needs attention, please email the community council on –
email.sfcc@aol.com

We are working on a plan to install de-fibs in Errozie and Inverfarigaig
Made possible by funding from Stratherrick and Foyers Community Trust



MANY THANKS TO OUR FUNDERS

This newsletter is made possible by community benefit funding from SSE Renewables, Greencoat and Green Highland Allt Luaidhe (228) Limited.

