



UPPER TAY CHURCH OF SCOTLAND COMMUNITY NEWSLETTER

Summer 2021



**Church of Scotland - Aberfeldy, Dull & Weem,
Grantully, Logerait & Strathtay are offering services in person & online**
For details of our Sunday worship, both online & in person, see website details below.

Dear Friends,

It is good to be writing this at the beginning of summer: the air is warm again, the evenings lighter; our area is filled with holidaymakers and day-trippers, welcome strangers are once again walking our pavements and sustaining our businesses.

And we can also go to new places, we can visit homes, and through vaccines know ourselves far more protected.

But this is strange. Our muscles have lost the memory of what it is to be in company, parts of us have become withdrawn.

Entering back out is not always easy.

I think this is a time for gentleness, to re-enter slowly, to be kind, and to know that there will be mistakes, even times when we might (and this might feel like treachery) even yearn to be back in lockdown for just a few days.

I find great wisdom in the words of the Irish poet John O'Donoghue, in a book of blessings he wrote:

*If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures of
promise,
Where the air will be kind
And blushed with beginning.*

May you be blushed with new beginning in this still unprecedented time. I hope that you find many items of interest in these pages. Might I take this opportunity also to express a huge thank you to all who have put this newsletter together and to all who have contributed.

May God bless you,

Neil Glover
Minister

For online services, search “Churches Together - Upper Tay and Tenandry” on Youtube, or head to the church websites for Zoom links:

Aberfeldy: www.aberfeldyparishchurch.org
Dull and Weem: www.dullandweemparish.org
Grantully, Logierait & Strathtay: www.glschurchofscotland.org



Something sporty:

Aberfeldy Golf Club. Facilities are open, but course can be played and fees paid to an honesty box.

Memberships for 2021 are available.
aberfeldygolfclub@btconnect.com.

Aberfeldy Rugby Club. Offering playing and training opportunities for all. Training sessions held at Wades Park
 Coming soon touch rugby sessions for all. Regular updates on our Facebook page. Everyone is welcome to attend whether you want to play or simply to keep fit. If you would like any further information, see page 3 or please contact us at
info@aberfeldyrfc.co.uk

Breadalbane Amateur Football Club. Contact Gordon Leighton at
BFCSecretary1@gmail.com

Breadalbane Canoe Club - Slalom.
 Contact Sam Miles at
slalom@breadalbanecanoeclub.org.uk,
 07732 604637.

Breadalbane Cricket Club. Based at Victoria Park, Aberfeldy. Trains on Tue and Thurs eve, from April-Sep. All welcome- regardless of age/ experience. Summer matches played on Sat, with occasional Sun/midweek eve fixture. www.facebook.com/BreadalbaneCricketAberfeldy

Cycling. See the notice from Upper Tay Transport Group on page 18.

Contact Emma Burtles at
eileen@uppertaytransport.org

Fishing. Edward Steele-Wilson
wildtrout@uwclub.net | 07879 213462

Nordic Walking. Based in Blair Atholl, including walks all over Highland Perthshire. www.facebook.com/nordicwalkinghighlandperthshire

Putting Green. Contact
aberfeldyputtinggreen@gmail.com.

Scottish Country Dancing. Hope to be allowed to meet again in late Summer early Autumn. Beginners welcome
 Contact Betty Kinnear, 01887 820124

Loch Tay Skiff Club.
 Contact Linda Cracknell
Lcracknell0@gmail.com

Squash Club. No squash currently, but when things return to normal: Junior class, Mon 4-6pm. Girls only class, Fri 3:30-5pm. Aberfeldy Junior Squash Club, Thurs 3:30-6pm, for juniors who love squash. Membership: £30.00/yr. Adult squash: Wed 7-9pm.

Strath Tay Golf Club. Open all year except when there is frost on the greens. No need to book.
 Contact Jim
 Wilson 01887 840493

Strath Tay Ramblers. Fortnightly walks exploring Highland Perthshire and (in normal times) further afield. Contact:
bill_1_bruce@btinternet.com

Stride for Life. Live Active, Breadalbane Community Campus.
liveactive.co.uk. Contact: 01887 822400

Supported Strolls and Connected Canoes. Short local journeys for those who would benefit from time outside, gentle exercise, and company.
 Contact Elizabeth Wallis at ewallis1@live.co.uk, 07738 102000

Taymouth Castle Golf Club. Playing at Kenmore, Mains of Taymouth course. Weekly coaching and on course play. Contact Susie Lumsden, at susanna.lumsden@btinternet.com, 01887 829118

Tennis Club. Courts can be booked at <https://clubspark.lta.org.uk/rally/court-booking>. To play regularly, club membership costs a modest annual subscription. Contact Jenny Cooper at 01887 820592 or 07763 937837

Upper Tay Path Group. Volunteers maintaining our area's core paths. Equipment provided. Anyone welcome who enjoys a friendly day in the countryside and can wield a pair of shears. Email walkaberfely@outlook.com

Womans Football. Amateur group, 7pm Wed, usually in the campus grounds in Aberfeldy. All ages and skills, 18+. Contact Jane Carmichael at jancolc@yahoo.co.uk, 07821729905

Yoga. Teaching 1-1's or regular classes (in person or on Zoom, depending on current guidelines.) Contact Fi Lumsden at filumsdenyoga@gmail.com

Zumba. Contact Michella Samy at msfitnesslifestyle@gmail.com, 07977 222271

Aberfeldy Rugby Club

Offering playing and training opportunities for all. Training sessions held at Wades Park

Senior Women Wednesdays 19.00

Senior Men Thursdays 18.30

Juniors train on Sundays with timings as follows

Primary 1,2 and 3. 10.00

Primary 4,5,6 and 7 11.00

Secondary 1 and 2 12.00

Secondary 3 and 4 13.00

Under 18 14.00

Everyone is welcome to attend whether you want to play or simply to keep fit. If you would like any further information, please contact us on info@aberfeldyrfc.co.uk



Things to do this Summer:

Depending on the level of restrictions, some activities and clubs mentioned may vary.

For children:

Aberfeldy Play Cafe. Make friends, chat over a coffee, and bring toddlers to our play area. If you need to offload, people will listen and pray for you. Also an informal Bible exploration. Currently closed. if you want someone to pray for you, contact Isabelle at isabellemacdonald@icloud.com

Breadalbane Stay & Play. Play & chat group for parents with 0-5yrs. Currently closed. <https://www.facebook.com/BreadalbaneStayandPlay>

Breadalbane and Strathtay Youth Football Club. Promoting & developing youth football. Sat 9.30-10.30am, players born 2010-2014, Astroturf, BCC; Tue 6-7pm, players born 2006-2008, Pitlochry Rec; Fri 5-6.30pm, players born 2008-9, Astroturf BCC. Contact: Bsyfc2014@gmail.com, 07968 581172

Aberfeldy Scouts. All sections are running. Beavers (6-8yrs old), outdoor and online meetings; Cubs (8-10yrs old), outdoor meetings and weekend activities; Scouts (10-14 yrs old), outdoor activities and weekend events. Contact Alison Maciver at aberfeldyscouts@gmail.com

Sharks Swim School. Swimming teaching for children and young people, at Breadalbane Community Campus. Contact Anita, 07977 008783

Child-friendly Perthshire. Community discussing the best places to take children across Perthshire. www.facebook.com/ChildFriendlyPerthshire

Arts, hobbies and interests:

Aberfeldy Community Choir. The friendly choir for everyone. If you want to sing, turn up and join in. No audition. Contact President at lee_aberfeldy@yahoo.co.uk

Aberfeldy Community First Responders. To volunteer or support your local First Responders, contact Judy Ewer at info@acfrg.net

Aberfeldy Drama Club. Contact David Roy at dandjroy@btopenworld.com

Aberfeldy Gaelic Choir. Currently meeting via Zoom. No audition necessary so long as you can hold a tune. No experience of Gaelic necessary- full tuition is given. Contact John Duff john.c.duff8@gmail.com

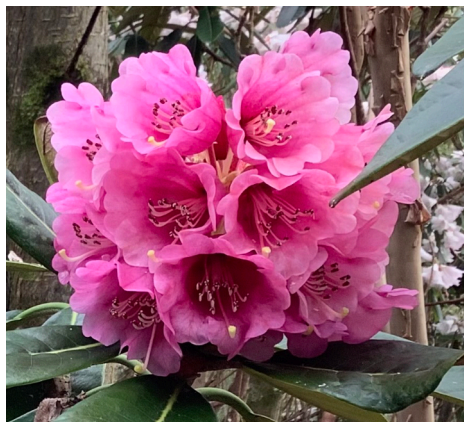
Aberfeldy in Flower.
Contact Jim Adams at jajiadams@aol.com

Aberfeldy Museum Group. Campaigns and works for the establishment of a museum in Aberfeldy, dedicated to preserving the town's history. Currently digitalising old 8mm film. Contact Mike at insommeniac@googlemail.com, Or Tom at pringlemob@btinternet.com

Aberfeldy Parish Church Food and Friendship Lunches. Usually meets in the church on the third Thursday of the month 12-1.30pm. Join us for soup, fresh bread, homemade cakes, and cuppa- and plenty of blethering. Contact Judy Ewer at judy.ewer@adwglis.org.uk

Aberfeldy Probus Club. Open to retired professional and business people, meets twice monthly on Wed, once for informal coffee and chat, once for lunch and speaker.

Contact Elaine Melrose at elainebmelrose@btinternet.com, 01887 830682



Aberfeldy Quilting Group. We have not able to meet due to current restrictions, but that has not stopped quilting! We are welcoming new members whatever your ability. Contact Jane, 07771641390 - or Annette, 07736 384035.

Acoustic Music Group. Currently closed. Pre-pandemic, Thursday music nights at the Birks Cinema were magic- with local and global musicians sharing their talents to accompany others. Not sure how the future lies- but hopefully things will be back to normal soon.

Additional Support Needs. The ASN group in Aberfeldy are running an online zoom connect youth club on a Thursday night at 6 pm and when restrictions allow we will be running it in the Town Hall, Aberfeldy. Courtesy of grant from Griffin Wind Farm -SSE Contact details Jane Carmichael mobile - 07821 729905 asnrgroup@breadalbaneparents.com

Biodynamic Garden in Camserney. Wildlife-friendly gardening, vegetables, herbs and flowers. Volunteers and visitors welcome. Seasonal organic vegetable box for the community of Aberfeldy and Pitlochry. Contact: biodynamicgarden@gmail.com

Birks Cinema. The auditorium is closed in Tier 3, but can open in Tier 2. The Cafe Bar is open, 7 days a week 10:30am-4:30pm. Interactive online activities are running: Monday Movers – Chair based exercise; Monday Yoga for the special Child; Wednesday ASN Lego Club. Contact Fiona MacEwan at fiona.macewan@birkscinema.co.uk, 07990834092

Breadalbane Heritage Society. A series of interesting excursions has been provisionally planned for this year, starting in June, along with the popular annual Summer Party at the Scottish Crannog Centre in July, but due to Covid19 and lockdown restrictions it is still not certain whether these can go ahead. Information about these can be found on the Society's website: <https://breadalbane-heritage.org.uk>

Bridge Club. Contact Bill Bruce at bill_1_bruce@btinternet.com

Camserney Circle. Meets third Thursday evenings monthly in Camserney Hall. Informal talks, demonstrations, chat and tea. Contact Liz Bruce at elizabeth_1_bruce@btinternet.com

Chit Chat Café. Meets monthly, 2-4pm second Mondays in the McDonald Room of Dull and Weem Parish Church. Craft and tea for all. Contact Liz Bruce at elizabeth_1_bruce@btinternet.com

Dull and Weem Church of Scotland Guild. Meets second Thursday monthly, fundraising to support UK and overseas projects through Christian Service in Faith. Meetings include worship, talk, tea and friendship. Groups also at Strathtay & Logierait and Kenmore & Glen Lyon. Contact Liz Bruce at elizabeth_1_bruce@btinternet.com

Grandtully, Logierait and Strathtay Coffee morning. Meets 10.30am Wednesdays in John Kyd Hall, beside Strathtay Church (when restrictions allow.)

Grandtully, Logierait and Strathtay Quilting Group. Meets on the second and fourth Tuesday of the month at 7pm, John Kyd Hall by Strathtay Church. All ages and abilities. Contact Marie Macleod at stythchandturn@btinternet.com, 01887 840 769

Horizon Lunch Club. Providing lunches & the chance to chat for club members, Tuesdays in the Town Hall. Transport available. Contact Anne Duff at annied1862@gmail.com, 01887 820217

Inner Wheel. Women's fund-raising group, affiliated to Rotary International. Meets on last Wednesday monthly. Contact Liz Bruce at elizabeth_1_bruce@btinternet.com

Men's Shed.

See article on page 6

Contact:

breadalbanemensshed@gmail.com,
Bill Muntus on 07773 389085,
Phil Richards on 07496 758949

Mid Atholl Strings and Things. Usually Meet 7.30-9.30pm Wed, Mid Atholl Hall, Ballinluig, mostly traditional Scottish music. All levels and instruments welcome. Occasional concerts. Contact Alison Thom on 07901 876 289, Sandra Batty on 07831 852 870

Mid Atholl WI. Meets monthly, Tuesdays, alternately at Mid Atholl Hall in Ballinluig or Grandtully Village Hall. Contact Annora Fraser, 01796 482687

Piano and Violin Tuition. Violin and piano lessons, currently online. Contact Jane Parmenter at jane.parmenter@gmail.com, 07771 641390

Repair Café. For information, Contact a.gordon48@live.co.uk

Rotary Club of Aberfeldy. Open to men and women, meeting weekly. A friendly club to help local and international good causes. Contact the President at lee_aberfeldy@yahoo.co.uk

St. Andrew's Episcopal Church.

Services continue as normal with 11.15 every Sunday and on zoom at 6pm every Sunday. See page 9 for more information on current arrangements.

Contact Lesley at

lesleywhitwood@btinternet.com

SWI (The Rural). Meets first Tuesday evening monthly in Camserney Hall. Traditional arts and crafts, demonstrations, talks, tea and chat.

Contact: Liz Bruce at elizabeth_1_bruce@btinternet.com, Morag Kennedy 07809 609151

Ukulele Group. Friendly small group lessons (ukulele) or one-to-one lessons in person or online (ukulele, guitar, violin, piano). Contact Susan and Edis Bowden at Edis.bowden@gmail.com, 07715 549 398

Young Farmers. Do a bit of everything and anything! New members always welcome. Contact Jillian Kennedy at aberfeldyanddistrictjac@gmail.com, 07833 459714



The Breadalbane Men's Shed is a place where people can meet to socialise, practice their crafts, make stuff, repair stuff and put the world to

rights. In these difficult times it's good to meet up and catch up, make new friends and as a bonus we have a workshop with various woodworking machines just waiting to be used. We completed the build of our new shed at Dalweem on the eve of lockdown in March 2020. We have been closed throughout lockdown and are just getting sorted out so that we can meet up safely. We are planning to be open on Friday afternoons from 2 to 4pm and once things return to a more normal state we plan to open on more days and for longer periods.

Looking forward to seeing you there.

The Breathe Project

You can support Breathe Out, the Dull & Weem Parish Church rural youth work project in partnership with The Breathe Project, through the CO-OP Community fund this year.

Scan this QR to support The Breathe Out Project as we look to reach more young people, who are particularly isolated in rural locations across Highland Perthshire.



Sanity, Fishing, and the Lockdown

If there is one thing fishing does, it teaches you patience in abundance. And what is patience I hear you say, to do with the lockdown.

Well, patience and fishing, particularly for salmon and trout are two great levellers for humanity. Fishing to me is an art, acquired over many years of disappointment and success, more particularly during the past year of lockdown.

Personally, this art-form has been a godsend to me during the dark days of the Covid-19 pandemic in as far as it has contributed greatly to preserving my sanity and my mental wellbeing. It is an absorbing hobby, fulfilling and as time consuming as you allow it to be. Preparation is an important aspect of success, as is 'patience' and the ability to put disappointment down to experience for the next visit to the 'Watter'.

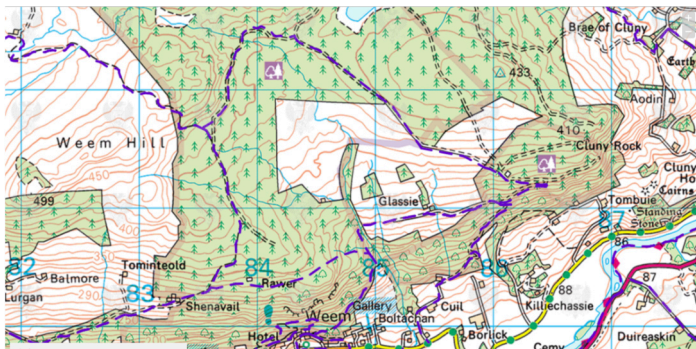
Edward Steele-Wilson

Email wildtrout@uwclub.net

Mob 07879 213462

Walks around Aberfeldy

There are many paths around the Upper Tay area and if you are looking for inspiration to find somewhere new then it would be worth taking a look at the Perth & Kinross Council map of the Core Paths. This can be found online by searching for “PKC core paths map”.



One of these is the path that is known as the “Glassie Circular”. Starting and finishing in Aberfeldy, it is about 4 miles (6km) long and climbs about 650ft (200m) up to Glassie Bunkhouse with spectacular views across Aberfeldy to the hills to the south.

Start in Aberfeldy and cross Wade’s Bridge then walk along The Avenue towards Weem. You will see plenty of signs of the local beaver population along here. When you reach the road junction by the Ailean Chraggan, cross the road and walk up the stony path to the right of the Chraggs. Follow this for about ¼ mile behind the houses and you will come to a footpath which starts to climb up the hill through the trees on your right. There is a signpost which is leaning against the wall at this point.



It is a steady climb skirting the edge of the forest. There is one muddy stretch about halfway up and this can be bypassed if it’s really wet. Keep going until you reach a tee junction of footpaths and turn right through a gap in the wall. At the time of writing, there is a new gate coming here so go through that if it is in place. Should you want to extend the walk, you could turn left and follow the path for 1/2 mile around to the top of Weem Rock. The view is limited by the trees but you do get glimpses down to the river.

Make your way across the hillside taking in the views and then through Glassie Farm and Bunkhouse. There are new mountain bike tracks being built here for the adventurous to use for downhill biking. New footpaths will be opening too with better signposting for access into the woods and hills above the farm.

Carry on along the forest track and follow it down the hill to Boltachan. Cross over the road and then either back along the river to Wade’s Bridge or over the footbridge to the golf course and back into Aberfeldy.



DID YOU KNOW??? The growth of Gaelic learning in Aberfeldy is flourishing and us parents are so excited to see our children continue to grow and the new families joining and we wanted to give you a snapshot of what's happening at the moment. Breadalbane Academy now is home to the brand-new Gaelic Nursery, the only Gaelic Medium Education (GME) Nursery in the whole of Perth and Kinross and in fact the only Gaelic nursery this side of Edinburgh!!!!

Exciting times ahead with a wonderful new Gaelic nursery teacher 5 days a week, a soon to be joining new teacher for P1-P3 and of course the exceptional Gaelic teachers, we already have in the P4-P7 and Senior.

As the children grow through the Gaelic Medium we see the huge benefits of bi-lingual learning, the ease with how French is picked up (it does help there is another exceptional teacher teaching French and Art to them!!), the higher than average reading ages in English ... the benefits really do seem to be endless...

In the nursery this week the children had such fun searching for beasts in the secret garden at Breadalbane Academy, learning all about bugs and everyone's favourite "damhan-allaidh" (dav-en-r-lee) spider- It means "a fierce little stag"...

Whilst in P1-P3 they have all been very busy with their topic of the Olympics, I was told what the red dot in the Japanese flag stands for on Monday, on Tuesday why there are 5 rings in the Olympic sign.. everyday literally is a school day for parents too (with explanations usually in Gaelic and in English) !! ...

Politicians get ready, the clever kids in P4-P7 have been discussing and debating while they craft their letters to lobby such politicians as John Swinney and Nicola Sturgeon. Ideas vary from a proposal for a 4-day week, redeveloping the playground and demanding more pay for teachers.

And of course the P4-P7, along with P6 and P7 classes, have been working together in their social enterprise, "Nature's Wood" (you may have heard them on Heartland FM or read about them in the Big Issue), where they have created a wonderful outdoor learning for the whole school that will be for future classes to use and enjoy for years to come.

In Senior the growing number of students choosing all languages is phenomenal with an increase in those choosing Gaelic in addition to those who continue their journey with Gaelic that they started in nursery. Having Gaelic as one of your languages opens up so many opportunities for leavers with such companies as BBC looking for bi-lingual and Gaelic speaking candidates.

The Parents of children in GME at Breadalbane Academy were keen to give you this insight. There are so many wonderful things happening at the school, from the soon to relaunch Croileagan for the very wee ones, the new nursery, the growing primary and way through senior and beyond... (adult lessons soon to return too now that we are hopefully waving goodbye to pandemic restrictions)

Exciting times.. and this is only a wee glimpse!!

If you would like to learn more, please get in touch either directly with the school breadalbane@pkc.gov.uk or find us/ contact us on Facebook <https://www.facebook.com/AberfeldyGaelic>



St.Andrew's, Strathtay

St.Andrew's Church is now open for services at 11.15 each Sunday. Until restrictions on numbers are lifted please contact Lesley Whitwood if you plan to come to a service.

St.Andrew's is part of the Highland Perthshire Linked Charge of Episcopal Churches which includes All Saints Kinloch Rannoch, Holy Trinity Pitlochry and St.Adamnan's at Kilmaveonaig. If you are in Pitlochry you are welcome to visit the Serenity Garden by Holy Trinity, a place for quiet contemplation.

We continue to hold a Zoom service each Sunday evening at 6 p.m. to which all are welcome.

Lesley Whitwood
01887 840416
lesleywhitwood@btinternet.com

GARDEN VISIT in aid of St Andrew's Church, Strathtay

Sunday 4th July 2021 - 2 - 6 pm

Carn Raineach, Coshieville by Aberfeldy (opposite the former Coshieville Hotel)
Entrance Fee £5 including tea and cake/
Please bring chair if you would like to have tea outside Further information:
Sally Gordon 01887 830796

Hot Potato Salad

serves 6, prep time 20 mins, cook time 15 mins

1kg small new potatoes
1 onion finely chopped
½ cup parsley finely chopped
25ml vinegar
85ml salad oil
1 tsp salt
½ tsp pepper

1. boil potatoes until just tender, drain well, allow to cool then halve.
2. make sauce. Heat oil and vinegar in a frying pan, add salt, pepper, onion and parsley and mix well. Saute for 1 minute.
3. place potatoes in a heated serving dish, pour over the hot sauce and toss well to serve.



Curried Peach Salad

serves 6-8, prep time 30 mins, cook time 5 mins

750g onions finely chopped
1kg can sliced peaches in juice
125ml white wine vinegar
1tblsp curry powder
1tblsp turmeric
¼ tsp salt

1. heat the oil in a frying pan and brown the onions in it.
2. add the vinegar and simmer for 1 minute.
3. stir in the curry powder, turmeric and salt and simmer for a further 2 minutes.
4. add the sliced peaches and as much juice as the mixture will hold. Mix well.

Essential services:

Although we have provided web-links, the list below focuses on services accessible via telephone. If you don't have access to the internet, but want to access or contact one of the following websites or emails, please ring Judy Ewer on 07836 565528.

Abused Men in Scotland. Helpline: 0808 800 0024 (9am-4pm Mon-Fri). National organisation supporting men who are/have experienced domestic abuse. www.abusedmeninscotland.org

Adult Learning Hub: Free online learning from Perth and Kinross Council's (PKC) Communities Team, offering new skills for those 16+. For info, text 0777 555 3245 or: www.pkc.gov.uk/adultlearninghub

Age Scotland. Helpline: 0800 12 44 222 (9am-5pm Mon-Fri). Free, confidential service for older people, their carers and families. Information, friendship and advice. www.ageuk.org.uk/scotland

Aberfeldy Alcoholics Anonymous AA meet every Wednesday night (7 – 9pm) in Aberfeldy Parish Church. Contact - Pat Hogg – 01887 820936

Alzheimer Scotland
Contact Fiona Matthews on 07925596232 or fmatthews@alzscot.org.

The Breathe Project. Youth work programme across Highland Perthshire for those aged 10-25. See more info at www.breatheyouthproject.com

Breadalbane Community Larder
0345 30 111 00 (9.00am-5.00pm Mon-Fri) for emergency support deliveries. 'FoodShare' and '4 Items for £1' also available from rear of Aberfeldy Parish Church, 11.00am-12.30pm Sat

Breathing Space. Helpline: 0800 83 85 87 (6pm-2am Mon-Thurs, 6pm-6am Fri-Mon). Free, confidential service www.breathingspace.scot/

Community Warden
Norma Carr
NECarr@pkc.gov.uk
07835 487021

Childline.
0800 1111 (7.30am-3.30am Mon-Sun)

Counselling and Psychotherapy:
07342 269227
A free service by Dr. Angus Cameron for all ages in the Upper Tay and Kinloch Rannoch communities.
atcameron1314@icloud.com

Christians Against Poverty (CAP) Debt Centre at Aberfeldy Parish Church
Providing free help to local people facing debt due to the pandemic and other life-changing circumstances. For info, call 0800 328 0006.
www.capuk.org

Cruse Bereavement Care Scotland.
0845 600 227. Supporting those experiencing bereavement through a range of services for all ages.
www.crusescotland.org.uk/

Drug and Alcohol, Blood Borne Virus, Homeless & Carer Support Team:
PKC. Provides support to people using drugs and/or alcohol, people with a BBV.
call 07920 070845 or 07920 070797.

Environmental Services.
Dawn Stewart, 01738 476481

The Lighthouse. 0800 121 4820. (Tue-Wed 10am-4pm, Fri-Sat 8am-2pm)
Providing confidential and support for anyone feeling suicidal, self-harming or any other kind of emotional distress
www.lighthouseforperth.org

Lead Scotland. A remote befriending service aimed at reducing social isolation for disabled adults and carers
For info, call 07775 851507, or email awelch@lead.org.uk. www.lead.org.uk/

Macmillan Cancer Support. Offering emotional, physical & financial support for those diagnosed with cancer. For info, contact Liz Stewart, 07866 556360.
www.macmillan.org.uk

Marie Curie. Practical information and emotional support for anyone affected by terminal illness, including family and friends. For info, call 0800 090 2309 (8am-6pm Mon-Fri, 11am-5pm Sat)
www.mariecurie.org.uk

NHS Inform. Helpline: 0800 22 44 88 (Open 24/7). Currently dedicated to the ongoing pandemic. www.nhsinform.scot

NHS Listening Service. Confidential Tayside service providing support for those in distress, bereaved, or feeling lost. To make an appointment, call 07967 771941 (9am-5pm, Mon-Fri).

NHS Living Life 24. For guided self-help, call 0800 328 9655 (1pm-9pm Mon-Fri) for a free Cognitive Behavioural Therapy (CBT) phone service for anyone 16+ suffering from low mood, depression and/or anxiety.

Perth and Kinross Council's Mental Health and Childcare Directories. Mental health directory: www.pkc.gov.uk/mentalhealthresources
Childcare directory: www.pkc.gov.uk/media/42636/Childcare-Directory-2018/pdf/childcare_directory_2018

Perth and Kinross Council Welfare Rights Team
welfarerights@pkc.gov.uk
01738476900 (Option 1)

Perthshire Women's Aid and CEDAR
01738 639043 (10am-2pm Mon-Fri).
0800 027 1234 (24/7 National helpline).
Offering support, info. and refuge accommodation to women and children who have experienced domestic abuse.
www.perthwomensaid.org.uk/

Pitlochry and Moulin Community Support Group. Providing support and help for those who need it in the area from Calvine to Pitlochry, Ballinluig to Grandtully. For info: 01796 475333, or info@pavilionusergroups.org.

Prescription delivery by Tay Valley Time Bank. 07507 479 555.

Rape & Sexual Abuse Centre Perth and Kinross. Call 01738 626290 (9am-4.30pm Mon-Fri), or 01738 630 965 (24/7 answering machine). Free, confidential support for women, young women (12+) and young men (12-18)
www.rasacpk.org.uk/

Samaritans | 116 123

Scotland All Strong. Perth's nonprofit fitness & wellbeing enterprise for mental health. www.scotlandallstrong.com
andy@fitdefence.co.uk, 07493027053.
jessyq78@gmail.com, 07734577160.

Scottish Families: Alcohol/Drug Support Service. If you are concerned about someone else's alcohol or drug use- Helpline: 08080 101011 (9am-11pm Mon-Fri). www.sfad.org.uk

Scottish Welfare Fund - Crisis Grants: A crisis grant/community care grant providing a safety net when there is an immediate threat to health and safety. To apply, call 01738 476900 or email: welfarefund@pkc.gov.uk.
www.pkc.gov.uk/scottishwelfarefund

Simon Community Scotland. Support for those experiencing homelessness, or who are worried about their accommodation. Helpline: 0808 178 2323. www.simonscotland.org

Support in Mind Scotland Tayside:
For info: 03003231545 (9am-5pm Mon-Thurs, 9am-4pm Fri). Offering services for those supporting others with mental illness. www.supportinmindscotland.org.uk/pandkcarers

Survivors of Bereavement by Suicide
0300 111 5065 (9am-9pm Mon-Fri). Providing a safe, confidential environment in which bereaved people can share their experiences and feelings. www.uksobs.org

UTTG's Community lifts. For more info, contact Emma Burtles, emma@uppertaytransport.org. More details can be found in the Upper Tay Transport.

Wellbeing Support Team Aberfeldy
01887 822462. Offering free support for up to 6 months to those aged 16+ who have mental health needs e.g. depression, anxiety. Eligibility Criteria at www.pkc.gov.uk/eligibility

Young Minds For parents worried about children: 0808 802 5544. For young people, text YM to 85258 for urgent help. www.youngminds.org.uk



INTRODUCING "THE BLETHER STATION"

A Dementia Friendly Space for all to enjoy!

We all get positive benefits from a garden but for people with dementia, sitting in a garden can provide stimulation with the many colours and scents from flowers and plants. This can reduce stress and promote a sense of calmness. The Alzheimer's Society says it can also reduce agitation, promote energy and improve sleep.

Trees, plants and flowers are good tools to trigger memories and stories. They help people remember lovely places they may have visited. We are all aware of certain scents that immediately whisk us back to a time and place, bringing a smile to our faces as we reminisce.



If you have walked up Crieff Road recently, you will have noticed work has been ongoing to landscape the small piece of land beside the fire station. This is to create a dementia friendly garden

space for everyone to enjoy. Over the last year we have become all too aware of the impact social isolation and loneliness can have on our wellbeing. Therefore, the garden will be known as "The Bletcher Station" to encourage people to sit, chat and enjoy the plants. Please be reassured the seating will comply with COVID rules on physical distancing and the original plants removed for ground preparation have been lovingly cared for and will be reinstated in the new garden.

We were aware that there was a lack of seating for people to rest when walking from the town square to the library which as you know, is a popular centre for information and other activities. Matt McLay, Watch Commander invited Dementia Friendly Aberfeldy to use the small piece of unused land beside the Fire Station. Aberfeldy's new Watch Commander, Garry West is also very supportive and has been overseeing the development.



We are incredibly lucky to have the talented garden designer Ruth Howell, to take the lead. Following a visit to the garden at the Iris Murdoch Dementia Research Centre in Stirling, Ruth created some fantastic designs. We secured funding from The Basil D'Eath Trust and planned to have the community involved in the ground works - we had offers of help from the Aberfeldy and District Rotary Club, the rural skills students, school pupils and Jeannie Grant, our Community Greenspace Ranger – then unfortunately COVID brought everything to a halt. Despite this interruption, the garden development is progressing well and we are working towards the official opening on Friday 18th June at 2pm. The Dementia Friendly Aberfeldy Collaborative would like to thank Scottish Fire and Rescue Service for allowing us to use the space. We would also like to thank Nicky McDiarmid, Spirit of Wood and Cross Civils and Construction Services for their support and generosity, and of course The Basil D'Eath Trust for funding the project. If you would like more information please contact Janette Barrie. Janette.dfag@gmail.com

The Healthiest Town

I didn't give up anything for Lent this year, and I guess many others didn't either, having given up enough during Lockdown, but recently a colleague was observing Ramadan, and I asked what the fast signified. He replied it was an opportunity for 'a reset', a life hack to kick start change.

There's a tradition of fasting in many faiths, like the Jewish Yom Kippur and Jesus' 40 days and nights. In 500BCE Confucius said 'Hari hachi bun me' meaning: leave the table with 'Belly 80% full'. They follow this advice on the Japanese island of Okinawa, one of the reasons they have the world's highest concentration of centenarians.

On the Greek Island of Ikaria the Orthodox Church has 200 days of fasting annually; islanders live a long healthy life with very low rates of dementia, eating a diet of vegetables with little meat. Generations who emigrate to the USA adopt their new country's life expectancy.

California's 7th Day Adventists are surrounded by the same fast-food temptations as other Americans, but manage to live 10 years longer. They quote Genesis 1:29 "Then God said, I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." Adventists advocate a plant-based whole food diet, with water as their main drink.

It's taken a while for science to catch up with religious wisdom. In the 1930's it was discovered that lab rats on alternate-day feeding live up to 80% longer. So what? We share 95% of our genes with these rodents, and much of our medical knowledge and treatments are thanks to them. The prestigious New England Journal of Medicine reviewed the compelling evidence for the benefits of intermittent fasting on health, aging, and disease.



There is great interest in this now, as our Healthy Life Expectancy has shrunk back to a disappointing 69 years while 65% of the population is now overweight or obese, creating a rising tide of Type 2 Diabetes. The truth is what we eat, and when we eat it, has a massive effect on our health and wellbeing.

Residents of Ikaria, Okinawa, and the Californian Adventists are in an exclusive club. They live in 'Blue Zones', regions with the oldest healthiest people in the world. They don't diet or go to the gym, but they do live in an environment where eating mostly vegetables is the norm, walking is the main transport, and community is strong.

When we're young we don't dwell on how or when we will die, but in middle-age life suddenly seems short. We might believe that our health is down to luck or fate, and sometimes that is sadly true, but in Scotland most of us will die of cardiovascular disease, cancer, or dementia. The good news is these can all be ameliorated, delayed, or avoided altogether.

Many of us are coming out of Lockdown feeling tired and unfit. Maybe you're at a crossroads in your life and you think it's time for that 'reset'? Let's move together as a community by following the Blue Zones example. Perhaps if enough of us take up the challenge we can make this the Healthiest Town in our own little Blue Zone!

www.healthiesttown.org



As we near the end of 2020/21 academic year the Parent Council would like to say a huge THANK YOU.

Those teachers and educators who put our children first and themselves second. The staff at Breadalbane Academy who were never too tired to answer the millions of questions while the covid rules changed and then changed again. The children and young people who took these monumental times in their confident and caring strides. The people who leaned in to support when they could have locked down and disappeared. The community that pulled together and rose strongly as one. The parents and carers who took a breath even when breathing space felt hard to find. To the Leavers we wish you luck, health and safe travels where ever your next chapter may be,

This academic year has been one of highs and lows and what has been ever so obvious is that Breadalbane Academy, the school community and the community that surrounds us is filled with the most exceptional people.

THANK YOU, wishing you a wonderful summer, filled with freedom and adventure, laughter and hugs..

Breadalbane Academy Parent Council
chairperson@breadalbaneparents.com

Handam Refill Station



Handam – Refill Station Community Interest Company in Aberfeldy and Pitlochry got one simple mission: To reduce waste on a local level to help the planet on a national and global level. To contribute to this change through trading, learning and development.

We aim to provide solutions to reduce our waste footprint and support a passionate and committed community dedicated to and enthusiastic about the fight against plastic pollution. We believe that this can be achieved through small changes and to make it easier for our local community we provide a refill station full of pantry staples and cleaning products that are very affordable and you can bring your own container to take them home. We also have organic veg and reusable supplies.

If you need any help or looking for information visit one of the shops or get in touch at info.handam@gmail.com

Journey.

I have gone into a landscape
 not to come back different
 but more myself. It can take days
 to go into the hills and listen.

Everything is miles of silence:
 a stretch of loch so blue it can't be real,
 an eagle floating in the sky,
 at night the skies a breath of stars.

I leave behind my loudness
 for a time; remember what it means
 to swim again, to feel
 way out of my depth.

Kenneth Steven

Breadalbane & District RDA

Riding for the Disabled

Breadalbane & District Riding for the Disabled was started by Cdr. and Mrs. Lines at Tomtewan near Aberfeldy in April, 1992, along with Wayne Barratt, a special needs teacher at Breadalbane Academy, who recognised that it would benefit some of his pupils. There is a unique relationship between the horse and the participant – it is undemanding and knows how to help.

Over the last nearly 30 years a lot of pupils who come from several schools in Highland Perthshire have benefitted from coming. They have gained confidence and physical fitness (the movement of a horse's walk affects every muscle in the rider's body) and this success has been transferred to their peers, families and teachers. They have been awarded Grades in Riding and Horse Care. We have been very lucky that we have had the loan of excellent horses and ponies. Not only has this reduced our overheads drastically, but the owners have taken pride in seeing their success.

In 2013 we moved to our current site at Knockdarroch near Pitlochry, the home of the Ryders, where there is an excellent arena. Two years ago, we were fortunate to be given a very generous grant from the Friends of Aberfeldy Cottage Hospital, and we now have a very smart shed in which to put everything. We are very grateful for the support we receive from RDA National Office and West & Central Region and from the schools and staff who appreciate our work. We are starting again!! We are having 2 Training Days on 26th April and 10th May and the pupils will arrive on 17th May. After the worries of Covid-19, this will be an exciting day!

Please contact Jennifer Valentine at 01796-474444.

Breadalbane Heritage Society



Breadalbane Heritage Society held a successful series of free online monthly Zoom talks for the winter season of 2020-2021, followed by Q&A sessions. These began in September 2020 and proved to be highly popular, with attendances at some of the talks reaching over a hundred, and new members joining the BHS after each talk.

Recently the Society launched its attractive new website <https://breadalbane-heritage.org.uk> Featuring a video of local scenes of interest, the site provides up-to-date information about talks and activities, events, publications, projects including maintenance of the Killiehassie private burial ground in Strathray, and services such as assistance with family history research. Recordings of all the talks for 2020-2021 are now available on this site.

A series of interesting excursions has been provisionally planned for this year, starting in June, along with the popular annual Summer Party at the Scottish Crannog Centre in July, but due to Covid19 and lockdown restrictions it is still not certain whether these can go ahead. Updated information will be posted in The Atholl and Breadalbane Quair and on the BHS website.

For any enquiries please email bhsaberfeldy@gmail.com



We would like to introduce an exciting new project....under the umbrella of Aberfeldy Parish Church; 'Warm Connections' offers free home energy advice, combining the essential need to reduce our carbon footprint with helping folk to live in warmer, cheaper to heat homes. Did you know that:

- In Scotland, our homes are responsible for over 30% of energy use
- Over half of our fuel bills are accounted for by heating and hot water
- Turning our thermostat dial down a degree can shave around £100 off our annual heating bill

Warm Connections has been born out of a passion for people and the environment, and to see our carbon footprints reduced by simple behavioural changes. We know that many folk struggle to pay fuel bills at this time of year, so we are here to advise not only on no-cost or low-cost energy saving measures, but also to steer households towards government support with fuel bills and grants or loans for more expensive measures such as insulation, double glazing, new heating systems etc.

www.warmconnections.net

Get in touch @
anna@warmconnections.net

Answers

1. Heart
2. Children
3. Measles, Mumps and Rubella
4. Haematologist

5. Hands and feet
6. Cardiopulmonary resuscitation
7. Alexander Fleming
8. Edward Jenner

9. 1918 – 20
10. 37c
11. Long bone in your arm
12. Face, Arm, Speech, Time



Loch Tay Skiff Club

The first 19-foot 'St Ayles' skiff for Loch Tay has been built as a community project and the painting will be completed soon, as Covid restrictions allow. We hope to be on the water and rowing this summer with assistance from more experienced coastal clubs who are proving most generous in their support. Please come and join us. Membership for 2021-2022 is £20. See the Facebook group 'Loch Tay skiff Club' for more information and joining instructions

or contact Linda Cracknell
Lcracknell0@gmail.com

To learn more about the phenomenon that is Scottish coastal rowing, look at the website:

<https://scottishcoastalrowing.org/about/>

BANANA TREASURES

cooking time 10 to 15 mins

FOR EACH SERVING;

- 1 banana
- Lemon juice
- 4 marshmallows
- 2tblsp grated dark chocolate

1. butter a square of foil
2. peel and slice banana in two lengthwise, place in centre of foil square
3. place marshmallows down the length of the banana, sprinkle chocolate on top and seal into a parcel.
4. place the foil parcel onto a medium hot BBQ for 10 to 15 minutes – just long enough to melt the marshmallows and chocolate
5. place parcel onto a dish, open and serve with a scoop of ice cream if desired.



1. Which of your organs has stopped if you suffer a cardiac arrest?

2. What sort of patients does a paediatrician work with?

3. Which three diseases does MMR vaccine protect you from?

4. Which medical speciality is concerned with diseases of the blood?

5. More than half of your bones are in which two parts of your body?

6. What is CPR?

7. Who is credited with the discovery of penicillin?

8. Who created the smallpox vaccine and is sometimes known as the 'Father of Immunisation'?

9. When was the Spanish Flu Pandemic?

10. What is the normal body temperature of an adult?

11. Where would you find your ulna?

12. The main symptoms of a stroke can be remembered by with the word FAST. What do the 4 letters represent?

You can find the answers to this quiz on the bottom of the previous page.

Breadalbane Community Larder

Breadalbane Community Larder was established with 2 key aims:

- to provide food support for those struggling financially
- to reduce food waste

Since its inception in March last year, the Community Larder has provided food support to more than 120 people. Thankfully, the number of referrals has reduced over recent weeks and our focus has moved to our second aim of reducing food waste whilst still providing support to those who need it.

We are pleased to be able to extend the FoodShare provision, which is **now available 24/7** from the rear of Aberfeldy Parish Church, for a trial period. We don't want merely to move the food waste from the Co-op to the church so please come and help yourself and encourage others to reduce food waste locally. Anyone, regardless of their circumstances, can help reduce food waste and make a contribution to saving the planet. Currently, Scotland throws away a total of **1.35 million tonnes** of food and drink waste per year.

The Larder itself has moved to Offizone on Kenmore Street, and continues to operate each Saturday from 11.00am - 12.30pm.

- as well as FoodShare, customers can come to the Larder and collect items from the stock indoors, for a nominal fee - emergency deliveries of food parcels continue, and this service can be accessed by calling 0345 30 111 00 Monday to Friday 9.00am - 5.00pm

If you know of anyone struggling to make ends meet, please let them know about the support provided by Breadalbane Community Larder and encourage friends, family and neighbours to reduce food waste by 'shopping' at the FoodShare table.



Better for our **community** and our **environment**

Upper Tay Transport can assist with Lifts to appointments and social events to all local residents. We are in the Old Tourist Information office, Mon-Fri 10am-2pm

We will be offering a leader lead walking group also essential cycle skills, running monthly. Try out an eBike, loaned to the local community.

Tel 07388 236233

Email info@uppertaytransport.org

Our website www.uppertaytransport.org



Listen.

**Walk the evening's scent in May
after thunder has fluttered the clouds
and rain, gentle as petals,
turns the garden to a green goblet**

**Stand then at the garden's heart
and listen still to droplets in the trees
as even in the last light's edge
a bee nudges blossom to blossom.**

Kenneth Steven

Aberfeldy Alcoholics Anonymous

AA meet every Wednesday night (7 – 9pm) in Aberfeldy Parish Church.

It is a small group of individuals, who know or believe they might have a problem with alcohol. Entrance is through the back door – refreshments are currently unavailable.

Contact - Pat Hogg – 01887 820936

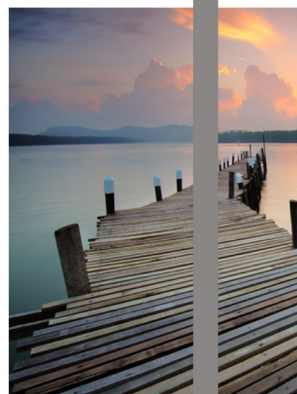


www.pkc.gov.uk/adultlearninghub

WAYS TO WELLBEING

Learn how to boost your mental wellbeing and ways to keep well

**Join us on our course via
Microsoft Teams, supported by
our friendly and flexible workers
online**



CONTACT US

learningcurve@pkc.gov.uk

01738 477 092

0777 555 3245





It is widely recognised that mental health and money worries are inter-related. We all spend so much time thinking about finances; we either have enough or we don't. We spend our lives figuring out how to get the money we need to meet our needs. Everything revolves around the concept of money. That is why when we focus so much on how to shuffle and stretch what we have it impacts everything about us and who we are. It affects our mental health, how we view ourselves and view other people.

The worrying and constantly trying to make things work out affects us. It isolates us from other people, stops us from doing the things we love. It also affects our confidence and self-worth. It causes us to doubt that we can ask for help and leaves us unable to see the light at the end of the tunnel.

There are ways out of the hardship. CAP Highland Perthshire can help; we can help you deal with the debts and budgeting. CAP's debt help is unique in offering a volunteer befriender who can help you as you start to move through the process. They will encourage you and walk with you as you journey with CAP to a life free from debt.

Visit capscotland.org to find out more and request a call from one of our friendly team or book an appointment with your local debt coach by calling **0800 328 0006**.

ASN

The young people had a lovely day out with wee adventures courtesy of Jenny McIntyre, albeit they experienced snow rain and sun all in one day, but it didn't deter them from canoeing on Loch Faskally. The Aberfeldy plus ASN group currently are running two creative arts groups on Sunday in the town hall thanks to an Inspire Scotland Grant alongside Pamis.

The young people are creating stories around themselves and their communities through drama music, dance and art. This summer we hope to be organising outings each week for families on a Monday during the summer holidays. In addition, we hope that Live Active will be joining with us and Pamis to run the Connect Club. In the next couple of weeks, we will be running a parent group on Zoom.

If you would like any details, please contact

Jane Carmichael

on asn@breadalbaneparents.com

Contacts for Community Councils:

Aberfeldy Community Council - Victor Clements, aberfeldycc@hotmail.com

Dull & Weem Community Council - Pat Ruddy, dullandweemcommunitycouncil@gmail.com

Glenlyon and Loch Tay Community Council - Sue Dolan - Betney, mail@glenlyonandlochtaycc.org.uk

Kenmore and District Community Council - Peter Ely, kenmore1760@btinternet.com

Mid Atholl, Strathtay and Grandtully Community Council - Stuart Smith, mid.atholl@gmail.com

UpperTayCoSCommunityNewsletter@Gmail.com | 07836 565 528

This newsletter is run by a small group from Aberfeldy, Dull and Weem, and Grandtully, Logierait and Strathtay Parish Churches. A digital edition is available; please email us to receive one. This is a community newsletter and may contain views not endorsed by the Church of Scotland.