



## BULLETIN



WELCOME TO THE LATEST NEWS AND UPDATES FROM THE TRUST

80<sup>th</sup> ANNIVERSARY OF VICTORY IN EUROPE DAYTRUST OFFICE  
HOURS:

Monday: 10:00 - 2:00  
 Tuesday: 12:00 - 4:00  
 Wednesday: 10:00 - 2:00  
 Thursday: 12:00 - 4:00  
 Friday: 10:00 - 2:00

## Wellbeing Wednesdays

11:00 am - Stroll in the Parks  
 1:00 pm - Craft Circle

## Thursday Teatime Pie Night

4:00 - 6:00

KPT COMMUNITY BENEFIT  
FUND

(COMMUNITY HYDRO  
DIVIDEND)

NOW OPEN!

For more information and how  
to apply,  
please contact using the  
details below.



Poppy Wreath and a two minutes silence in tribute for the 80th Anniversary for Victory in Europe Day. The handcrafted wreath was laid by Chrissy Stitt representing KPT Craft Circle accompanied by Maureen Halkett (KPT Chair) and volunteer Alice. The poppies were handmade by KPT Craft Circle and Keir Rural (Scottish Womens Institute). The wreath frame is on loan from Kaye (KPT Craft Circle) and was constructed by Michelle (KPT Development Officer) especially for the occasion. Thank you to everybody for their contribution.

**'We must never forget those who made the ultimate  
sacrifice for our freedom.'**

## CEILIDH TICKETS AVAILABLE

Come and Ceilidh at Keir - Open to All. Tickets available at Three  
Villages Community Cafe & KPT Office.



## KM RALLY 2025

### CEILIDH

KEIR VILLAGE HALL 8:00pm - 11:00pm  
 DATE : 24 MAY, 2025  
 £5.00 - TICKET NO: C 00





ADMIT ONE

C-00

TICKET NUMBER



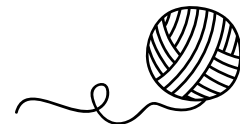
Telephone: 01848 331435

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Companies House Reg. SC592235

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OSCR Reg No. SC05098



**OPEN DAY Saturday, 3 May**

KPT Craft Circle held an open day inviting the wider community to come along and learn a bit about what they have been up to over the past few months. There were a variety of crafting activities available. This event has been made possible due to funding from the Wellbeing Fund awarded by Third Sector Dumfries and Galloway. Craft Circle have been meeting each Wednesday, to share skills and work towards the creation of a temporary art installation and a community yarn bombing project in time for the KM Rally May 2025. A reminder that Craft Circle will be held in The Gladstone Hall each Wednesday from 1:00pm onwards. There are still a number of ways in which you can be involved. Please contact Michelle (Development Officer).



**GREEN HEALTH WEEK 2025**

It's Green Health Week 2025! This week is a reminder that the incredible benefits of nature and greenspace should be enjoyed by everyone in Scotland.

Surveys tell us that 86% of people agree that spending time in green or blue spaces is good for their mental and physical health. That's huge! But the reality is, not everyone has the same chance to access these spaces. People in Scotland's most deprived areas, for example, are less likely to live near greenspaces and less likely to visit them.

This isn't right - Nature is for Everyone!

Whether it's through improving local parks, creating accessible walking routes, or running community green health programmes, the goal is to ensure that background or postcode don't stop anyone from experiencing "Our Natural Health Service".

How can you help make nature more accessible in your community this week? Share your ideas! Here at KPT, Michelle (Development Officer) volunteers from the Garden Group have been working towards tidying up some of our Green Spaces down at Bridgend Community Garden and up at the Hydro Site. If you have any ideas as to how we can improve our green spaces please get in touch with Michelle (contact details on the front page of the Bulletin).



Transforming urban spaces into people places.

<https://www.greenspacescotland.org.uk>





## Rural Health & Wellbeing

Keir, Penpont and Tynron Development Trust (KPTDT) have a number of activities and groups that are designed to help keep local residents healthy and active, reduce loneliness and generally improve our sense of wellbeing. Each of our activities and groups are open to all and most are offered free of charge or at a reduced cost.

If anyone living locally is interested in any of the groups or activities shown on this poster, but is faced with barriers to their participation, please do get in touch with us for an informal chat about how we can support you to join in. Please also note that our activities and groups may be subject to change and places on certain activities may be subject to availability. Therefore, it is advisable to get in touch prior to attending.

There are opportunities available that are not shown here, such as volunteering in Bridgend Community Garden or helping with community food sharing activities, so please do check our Facebook Page (KPT Development Trust) and our website: [www.kptdevelopmenttrust.org](http://www.kptdevelopmenttrust.org).

For further information, or if you have any questions, please get in touch with Michelle Johnston (Development Officer) on 01848 331 435 or 07548 876 433 or email: [info@kptdevelopmenttrust.org](mailto:info@kptdevelopmenttrust.org).



## E BIKE LESSONS & RIDE OUTS WITH IAN



**Wednesday!**

Introducing E Bike Lessons with Ian Crosbie  
6.00pm - 7.00pm

To book your free lesson or to try out KPT DT's e-bikes, please contact Michelle on 07548876433 Or just come along on your own, leaving from the Community Café

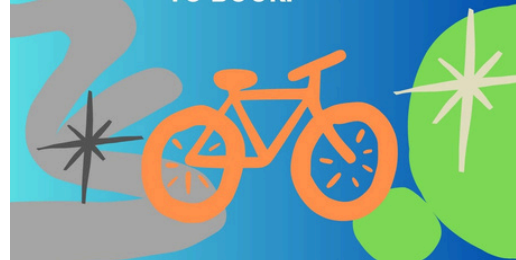
## E-bikes for hire



**£5 for 1/2 day (4 hrs)**

**£10 for 1 day (8 hrs)**

**TO BOOK:**



**Contact Maureen on 07765073913**

**or Michelle on 07548876433**

**email [info.kptdt@gmail.com](mailto:info.kptdt@gmail.com)**

**or ask in the Three Villages Community Cafe**

## COMMUNITY YOGA

Welcome in the Spring with a gentle and nourishing yoga class.  
Find a bit more balance, cultivate strength and ease, tune your attention and have fun getting together in your local village hall, with others giving it a go too.  
This class is suitable for beginners as well as for those with more experience.

**SPRING TERM APRIL/MAY 2025**  
The first of **THREE** terms of 6 - week blocks of classes.

Pay what you want:  
Minimum £5 Maximum £7

For households experiencing any issue and in need of assistance - we are able to support and help towards the costs of the sessions, and transport etc. - for further information or if you have any questions please contact Ailie - details below.

**GLADSTONE HALL, PENPONT WEDNESDAY EVENINGS**  
Starting 2nd April 6.30 - 7.30 PM

**TYNRON VILLAGE HALL, FRIDAY MORNINGS**  
Starting 4th April 10AM - 11AM

**KEIR VILLAGE HALL, SATURDAY MORNINGS**  
Starting 5th April 10AM - 11AM

Please bring a mat and blanket if you have them and wear comfy clothes to move in.  
If you have any questions please contact Ailie Cohen - [ailiecohen@me.com](mailto:ailiecohen@me.com) 07946 274 804

# BE ACTIVE!

## Walking and Cycling Opportunities in Keir, Penpont, and Tynron



## Stroll in the Park

**JOIN US!**

Penpont Starting 26 June

Wednesdays at 11am

Meet at KPT Office Penpont

Active Communities Dumfries & Galloway



## SHIATSU

**ADDITIONAL SESSIONS NOW AVAILABLE**

Davie Hall is a qualified acupressure therapist with the Glasgow school of Shiatsu.

Shiatsu is a physical therapy/massage which uses a combination of pressure points, gentle manipulation and stretching.

Shiatsu can help with relaxation, improve mood, aid sleep and relieve tension.

Shiatsu is given fully clothed and can be practised on the floor or a chair. Each session is tailored to the client's needs.

**There are 15 more fully funded sessions available.**

- 1h sessions
- Home visits
- Priority given to carers, isolated and elderly people and those with mobility issues.
- Treatments also available in Penpont

For any questions or booking contact Davie Hall on: M: 07761 713 685 E: [davie\\_hall@fastmail.fm](mailto:davie_hall@fastmail.fm)

## Craft Circle

**SKILLS SHARE COMPANY & CARE**

Looking for help & skills to both teach & learn Crochet & Knitting etc.

## COMMUNITY YARN BOMBING PROJECT

**JOIN NOW!**

WEDNESDAY AFTERNOON 1:00 - 3:00 PM

KPT OFFICE MAIN STREET PENPONT

## WEDNESDAY MORNINGS COMMUNITY CHAIR YOGA

Starting April 2nd 10.30AM - 12PM  
GLADSTONE HALL, PENPONT  
TERM 1 - BLOCK OF SIX WEEKS  
All Chair Yoga Classes are **FREE**

A gentle, accessible, and nourishing class exploring how we feel when we move. Followed by a bletcher and a cup of tea.

Please wear comfy, loose fitting clothes.

If you have any questions please contact Ailie Cohen - [ailiecohen@me.com](mailto:ailiecohen@me.com) 07946 274 804



# KM RALLY 2025 COMMUNITY CLIMATE CONVERSATION

Brand new for the KM Rally 2025  
Introducing KPT's -  
Community Climate Conversation

Saturday, 24 May  
at The Gladstone Hall  
11:00am - 3:00pm

KPT Craft Circle  
Community Yarn Bombing Project  
Temporary Art Installation  
23 - 26 May, Main Street, Penpont



**SATURDAY  
24 May  
2025**



**FREE - ALL WELCOME**



## KM RALLY 2025 CEILIDH

Brand new for the KM Rally 2025  
Introducing KPT's - Community Ceilidh  
with The Roving Pedlars  
at Keir Village Hall  
Saturday evening 8:00pm - 11:00pm

**SATURDAY  
24 May  
2025**

**OPEN to ALL**

**Ticket Price £5.00 - available NOW!**



Tickets available from KPT Office  
& The Three Villages Café  
Email [info@kptdevelopmenttrust.org](mailto:info@kptdevelopmenttrust.org)  
[www.kptdevelopmenttrust.org](http://www.kptdevelopmenttrust.org) 07548876433

### Friday, 23 May

- Start point for led rides-all led rides on Friday, Saturday and Monday leave from The Glebe (the camping field). On Sunday, the rides leave from the 'Cake Raid Stop' in Keir.

a) Short -Durisdeer (12.45). Ride leader Sally  
From Penpont we cycle along the excellent new off-road path to Thornhill. From there, we head for the beautiful small village of Durisdeer, nestling in the hills. The church (and marbles) are well worth a visit. Returning by a ford (over a footbridge!), the route takes us through the grounds of Drumlanrig castle, back to Penpont. 24 miles. Ascent 1670 ft. Cafes at Penpont, Thornhill and Drumlanrig.  
[www.plotaroute.com/route/2468230](http://www.plotaroute.com/route/2468230)

b) Medium- Park, Irongray, Dunscore (12.30). Ride Leader David  
A pleasant route along quiet country lanes, stopping at an interesting church at Irongray 34 miles Ascent 1870ft. Café at Penpont (take a snack)  
[www.plotaroute.com/route/2965706](http://www.plotaroute.com/route/2965706)



KPT Development Trust are delighted to once again be staging this year's Kirkpatrick Macmillan (KM) Rally. The event is a recreational cycling weekend with a wide range of led bike rides held over three days. Fittingly this event was relocated to the Kirkpatrick MacMillan area, where his smiddy and grave are, in adjacent Keirmill. Penpont in mid Nithsdale, will be central to all activities, catering and camping.

The area is surrounded by fantastic valleys and hills, and there's a wide range of scenic led bike rides, with routes for all abilities.

There's three days of great and varied cycling routes planned alongside a social programme for the weekend open. There are also new community led activities to welcome all to attend and participate.



## Catering

**Breakfast & Packed Lunch Orders from 8:00am**

**@ Three Villages Community Café**

**Evening Meals from 6:00pm**

**@ The Gladstone Hall**

**GET IN TOUCH**

**KPT DEVELOPMENT TRUST**

**TEL: 01848 331435**

**MOBILE: 07548876433**

**EMAIL: [info.kptdt@gmail.com](mailto:info.kptdt@gmail.com)**

**Website: [www.kptdevelopmenttrust.org](http://www.kptdevelopmenttrust.org)**



### Saturday, 24 May

a) Short- Ballaggan via Drumlanrig (10am). Ride Leader Sally  
Scenic route on quiet roads. Early in the route, we cycle through the grounds of Drumlanrig castle. Soon after that comes the main (short!) hill of the day.

15.5 miles. 1053ft ascent (optional additional 5 miles 'Up Scaur'). Café Penpont.  
[www.plotaroute.com/route/2965697](http://www.plotaroute.com/route/2965697)

b) Medium- Glenkiln (9.45) Ride leader David

Passing Kirkpatrick MacMillan's Smithy, we cycle through Glenmidgie (!) to Dunscore. Our route takes us via Shawhead to Glenkiln reservoir. There will be the opportunity to take a short detour to view a Moore sculpture (replica). From the reservoir, the views as we cycle back towards Dunscore (downhill!) are excellent. 32 miles Ascent 2000ft Café Penpont (take a snack) [www.plotaroute.com/route/2481482](http://www.plotaroute.com/route/2481482)

c) Long-Sanquhar, Crawfordjohn, Leadhills, Dalveen Pass (9.30). Ride Leaders Billy & Roy

This is the most challenging of the routes during the weekend. Cycling along the new off-road Penpont to Thornhill off-road path, we head through the grounds of Drumlanrig Castle to Sanquhar (the site of the oldest working post office in the world.) The route then passes Crawick Multiverse on the way to Leadhills (possible coffee /lunch stop). Return is by Dalveen Pass.

58 miles. Ascent 3600ft Café Sanquhar, Leadhills, Thornhill (take a snack)

[www.plotaroute.com/route/2950646](http://www.plotaroute.com/route/2950646)

### Sunday, 25 May

Cake Raid Run to Keir -mass ride leaves The Glebe at 10:30am.

a) Short-Loch Urr. (approx. 12.30 from cake stop). Ride Leader David

A loop, passing through Moniaive and by Loch Urr. Café in Moniaive and coffee machine in local shop.

25 miles 1450ft.  
[www.plotaroute.com/route/2966866](http://www.plotaroute.com/route/2966866)

b) Medium-Auldgirth /Ae / Loch Ettrick / Mitchellslocks (approx. 12.30 from cake stop). Ride Leader Tom

Scenic route on quiet roads. Coffee (and cake?) stop at an excellent small café at Dalswinton before the climb from Ae to Loch Ettrick. If time (and energy!) allows, the route continues over the hill route, past Mitchellslocks. Great views and of interest to bird spotters. The other option, is a long descent to Park and back to Penpont.

34 miles. Ascent 2150ft (including Mitchellslocks option) Cafes in Dalswinton, Ae, Thornhill

[www.plotaroute.com/route/2965732](http://www.plotaroute.com/route/2965732)

c) Spring Fling Tour (approx. 12.30 from cake stop). Ride leader James

### Monday, 26 May

Mystery tour- led by James

### Self - Guided Routes

Additional routes will be made available on plotaroute / GPX files.

COMPANY REGISTERED IN SCOTLAND: SC592235  
OSCR Reg No. SC05098

# KM RALLY 2025

## Ride Outs

and

## Information Leaflet



## KM RALLY 2025

A full weekend of great and varied cycling routes around the birthplace of Kirkpatrick Macmillan, inventor of the first pedal bicycle!

**23-26 May  
2025**



**Cycling  
Camping  
Catering  
Ceilidh**

**PENPONT  
DUMFRIES & GALLOWAY  
DG3 4BP**

**& KEIR CAKE RAID and more...**

**SAVE THE DATE!**



To register your interest or further information -

Email [info@kptdevelopmenttrust.org](mailto:info@kptdevelopmenttrust.org)

[www.kptdevelopmenttrust.org](http://www.kptdevelopmenttrust.org) 07548876433





## Three Villages Community Cafe Friday Night Teatime Club



17th May 2025

Book early!!



### STARTERS

Soup of the Day .....	£4.50
Prawn Cocktail .....	£5.00
Mushroom Souffle .....	£5.00

### MAIN DISHES

Steak Pie, Chips & Peas .....	£9.00
Breaded Haddock, Chips & Peas .....	£9.00
Chicken Katsu Curry, rice & veg.....	£8.50
Ham Salad & Chips.....	£8.50
Mushroom Stroganoff & Rice.....	£8.00
Sweet & Sour Chicken & Rice .....	£8.00
Sweet 7 Sour Tofu & Rice .....	£8.00
Prawns in Pesto sauce & noodles.....	£8.00

### DESSERTS FROM THE DAILY MENU

Children's Portions, Daily menu also available  
Contact us on 01848 331073. Find us on Facebook,  
email [threevillagescafe@gmail.com](mailto:threevillagescafe@gmail.com) or  
best of all - pop in and see us!





# MEXICAN NIGHT

## SAT 14 June - 7.00PM

### MENU

**STARTER:**

- Chicken Taquitos - stuffed Tacos shallow fried
- Corn Ribs with homemade Salsa and chilli Mayo
- Nachos with homemade guacamole & salsa

**MAINS:**

- Beef Burrito with Mexican Coleslaw
- Calabacita Con Elote - Pork & Vegetable Stew & rice
- Chiles Pellenos - Halloumi stuffed peppers in Tomato Sauce & Rice

**DESSERTS:**

- 3 Milk Cake with pineapple & pistachios
- Chocolate Chilli Pots
- Lemon Carlotta (Cheesecake)

All served with cream  
Followed by tea or coffee and Bizcochitos

**£24.50** **BYOB**

**THREE VILLAGES COMMUNITY CAFE**

To book and order please email: [threevillagescafe@gmail.com](mailto:threevillagescafe@gmail.com)  
message on facebook; Tel 01848 331073 or pop into the cafe Wednesday to Sundays



**Joseph Thomson Group**  
**Annual General Meeting**

To be held in the  
Penpont, Keir & Tynron  
Heritage Centre  
Marrburn Road, Penpont  
**Saturday 17th May 2025**  
**At 10am**



**ALL WELCOME, please come along**