



# BULLETIN

WELCOME TO THE LATEST NEWS AND UPDATES FROM THE TRUST

## TRUST 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 Park**  
**12:00 - Special £5 Lunch**  
**1:00 pm - Craft Circle**

**Thursday Pie Night - Cafe**  
**4:00 - 6:00pm**

## KPT COMMUNITY BENEFIT FUND

**(COMMUNITY HYDRO DIVIDEND)**

**NOW OPEN!**

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

## UPDATES FROM THE CHAIR



### RURAL HEALTH & WELLBEING



Have you participated in any of our Rural Health and Wellbeing Activities?

We need your feedback!

What worked well?

What wasn't so great?

What would you like to see more of?

Would you like to try something new and different?



Keir, Penpont and Tynron Development Trust are looking for your ideas for us to offer up a range of new Rural Health & Wellbeing Activities for our community.



Beneficiaries must be aged 18 and over.



All ideas greatly appreciated and welcomed.

We value your feedback and are also welcoming your ideas.

There have been a number of rural health & wellbeing activities offered over the past two years. Including Shiatsu, Chair Yoga, Community Yoga, Art Activities. Craft Circle, Warm Wednesdays, Stroll in the Park Garden Group etc. We are looking for your ideas in order to offer up new rural health and wellbeing activities and opportunities. If you'd like to try something new please get in touch with us via email or pop into the KPTDT office and share your ideas with us.



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OSCR Reg No. SC05098

## COULD THERE BE PATHWAYS FOR YOU?

This week Michelle J. (Development Officer) met with Lindsay Thomson, Pathways Enterprise Coach for South of Scotland Enterprise. We are sharing this information to let those residing within the KPT communities know about our Pathways Programme, which may be of real benefit to some of you who are considering starting up your own business.

### What is Pathways?

Pathways is designed to support women and underrepresented groups in Dumfries & Galloway and the Borders who are exploring entrepreneurship. We recognise that starting out in business can feel daunting and isolating, and our programme is here to provide both guidance and community.

### What we offer participants:

- Funded 1:1 coaching - up to six fully funded sessions with a place based experienced business coach
- A £1,000 start-up grant - to help test and grow early ideas
- Events & networking opportunities - free sessions to connect with like-minded entrepreneurs

The programme is open to those at the idea stage right through to people who have been trading for just a few months. You can find out more about the programme here:

[Pathways Project Overview](#)

[Pathways Introduction Video](#)

If you or someone you know could benefit from this kind of support, particularly those considering self-employment or already taking first steps into business. We're keen to explore the best way to work with you to link you up with coaching and helping you to get started on the programme as a friendly face and helping hand. See poster for further information. Follow link below for further information:



If you're ready to take the next step in your entrepreneurial journey, Pathways is here to support you.

Whether you're just beginning to explore an idea or already have a clear vision in mind, this project is designed to guide aspiring entrepreneurs across the South of Scotland, helping you overcome challenges and turn your business dreams into reality.

#### PATHWAYS OFFERS WOMEN AND INDIVIDUALS FROM UNDERREPRESENTED GROUPS:

##### Personal Support and Coaching

Access one-on-one coaching from experienced coaches who'll help build your confidence, overcome challenges, and refine your ideas.

##### Grants of up to £1,000

Kickstart your business with essential funding for marketing, equipment, and accredited training - giving you the boost you need to get started.

##### A Supportive Community

Join a network of like-minded peers, share your journey, and celebrate each other's successes in a community that believes in your potential.

Delivered by



[www.southofscotlandenterprise.com/pathways](http://www.southofscotlandenterprise.com/pathways)

[www.southofscotlandenterprise.com/pathways](http://www.southofscotlandenterprise.com/pathways)

## VOLUNTEERS NEEDED



**poppy**  
**scotland**

**The Scottish Poppy Appeal**

would be grateful for volunteers to  
do door to door collections.

If interested please contact:  
**Alex Brown**  
on  
**07751907231**

**LEST WE  
FORGET**

Can you help?

# Crochet, Knit or Felt Poppies needed

Help us create a Wall Drape for  
The Remembrance Garden  
to be unveiled on Remembrance Sunday



**Featuring poppies created  
throughout Dumfries and Galloway**

Five years ago; in 2020 at the start of the pandemic; an amazing team was created  
**NHS D&G for the Love of Scrubs**

Our Dumfries and Galloway team of over 300 volunteers demonstrated the true spirit of our beautiful region. Within only a few short weeks; we had supplied our local NHS, Care Homes, GP surgeries, and everyone that needed them, thousands of scrubs, wash-bags, nightwear and the extremely emotional heart sets.

**An amazing team of very talented and dedicated volunteers.**

In October that same year, we made poppies for the Poppy appeal. With Covid restrictions in place, fundraising was going to be extremely difficult. We helped raise a remarkable £3274...and so our annual Poppy making began.

We have continued as a group; Caring for our Community; crafting items for local charities and community requests

**Caring for Our Community since 2020**

For more information visit our Facebook page  
[facebook.com/caring4DandG](https://facebook.com/caring4DandG)

**KPT CRAFT CIRCLE ARE ALSO  
LOOKING TO MAKE A NEW  
POSTBOX TOPPER**



**British Legion Poppy Pattern -  
Slightly Frilled Poppy**

Cast on 120 stitches. Rows 1-4 Knit Row 5  
Knit 3 stitches together across the row (40  
stiches) Rows 6-9 Knit

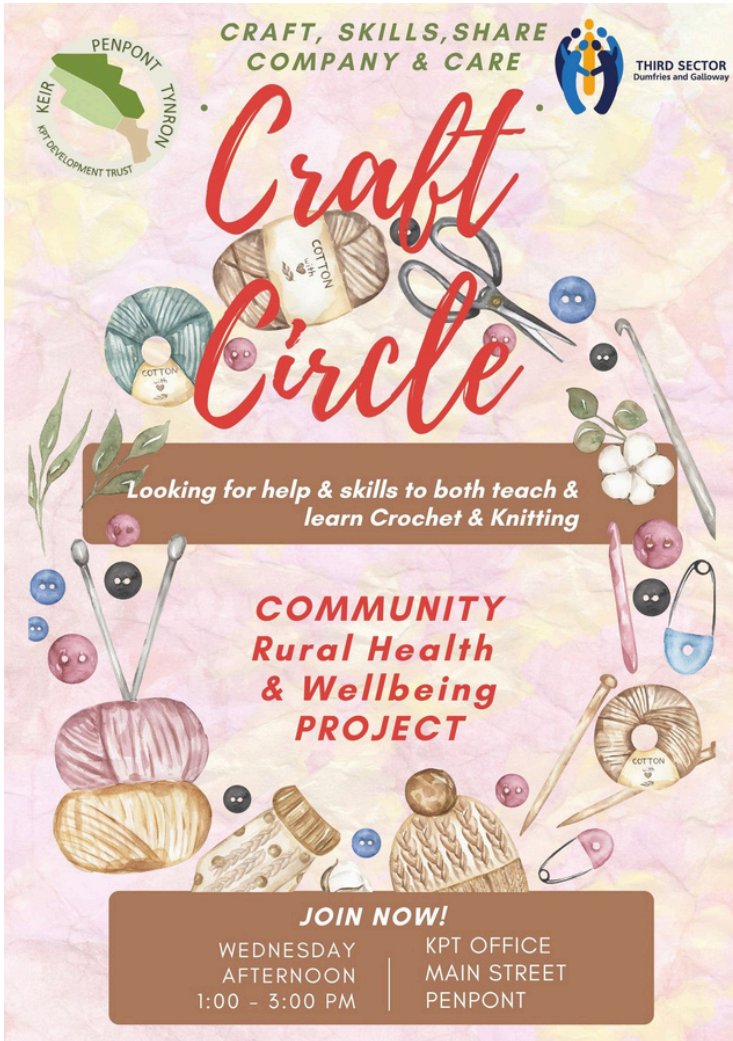
Row 10 Knit 2 stitches together across the  
row (20 stitches) Rows 11-14 Knit Row 15 Knit  
2 stitches together across the row (10  
stitches) Cut yarn leaving a tail of about  
20cm. Thread tail through yarn needle and  
slip all the remaining live stitches onto the  
yarn tail and pull tight. Pull around into a  
circle and then stitch seam. Sew in ends.

Centre of Poppy Using B, cast on 16 sts. Cast  
off. Coil into a tight spiral and sew base to  
the centre or use a black button to create  
the centre of the poppy.



**Poppy Collection Available for Donation  
Now @The Three Villages Café**

## REGIONWIDE POPPY PROJECT



A big thank you to our KPTDT Craft Circle ladies for helping out on Wednesday 22 October in Dumfries. This is a regionwide project and a great opportunity to be part of something incredibly creative.

The aim is to produce a poppy drape as an epic tribute from all those who have been busy making thousands of poppies from across Dumfries and Galloway. Each and every poppy is important to us. Please make as many as you can...we have a large wall to cover!

The drape will be on display at the Garden of Remembrance on Brooms Road in Dumfries. It is the result of a two-year labour of love to create a beautiful memorial to honour those who paid the ultimate sacrifice.

The garden was created by **#ThePeoplesProject** charity for **#royalbritishlegionscotland**.

It is a stunning tribute to the region's war dead.

The garden was the idea of Mark Jardine MBE DL, chairman of The People's Project, and created by the Dumfries-based charity for the Royal British Legion Scotland, to provide a peaceful and reflective space which honours the lives of all those who fought for their country.

The next drape construction session is Tuesday 28th and Wednesday 29th October at the Big Burns Supper Club, 70 High Street, Dumfries (the old River Island building ) from 11am...

There will be tea, coffee and biscuits! Sarah had offered to make cakes too! Pop in for as long as you like. We will be delighted to see you. Everyone is really enjoying themselves working on a group project on this scale...

Please share!

Every single pair of hands will be warmly welcomed and greatly appreciated.

For more information please see Facebook page [www.facebook.com/caring4DandG](https://www.facebook.com/caring4DandG)



# Stroll in the Park

## JOIN US!

Penpont Starting 26 June  
Wednesdays at 11am  
Meet at KPT Office Penpont

Active Communities Dumfries & Galloway



# COMMUNITY YOGA

Welcome in the Autumn 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.

**AUTUMN TERM**  
**SEPT/OCT 2025**

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  
FRIDAY EVENINGS  
Starting 12th September 6.30 - 7.30 PM

TYNRON VILLAGE HALL  
FRIDAY MORNINGS  
Starting 12th September 10AM - 11AM

KEIR HALL  
SATURDAY MORNINGS  
Starting 27th September 10AM - 11AM  
(Moved from Gladstone Hall)



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 07946 274 804

# BE ACTIVE!

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



# 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  
Book using JotForm

@<https://kptdevelopmenttrust.org/>  
or via email: [info@kptdevelopmenttrust.org](mailto:info@kptdevelopmenttrust.org)  
or ask in the Three Villages Community Café

**DATES FOR YOUR DIARY**

RAISING FUNDS FOR  
PENPONT GALA COMMITTEE & PENPONT PRIMARY

# HALLOWEEN Party

FRIDAY  
24 OCTOBER, 2025 | 6PM  
GLADSTONE HALL,  
PENPONT

KIDS DISCO  
DOOKIN' FOR APPLES  
SPOOKY GAMES  
FANCY DRESS COMPETITION  
RAFFLE & TOMBOLA

**ENTRY £3 PER CHILD**  
Children under 5 to be accompanied by an adult

*Capenoch Past and Present*  
Presented By Robert Gladstone

*Keir Village Hall*  
*Wednesday 29th October 7 pm*  
**£3**  
*Tea/ Coffee and Biscuits*

*Keir Village Hall Group, Keir Mill, Thornhill DG3 4DE*  
*Charity no. SC 047860*

**Nith Life**  
Invites you to join us for an open event

## Moths in the Nith Valley

upstairs at the  
**Tam O'Shanter Inn**  
Queensberry St, Dumfries

**Tuesday 28th October at 6pm**

Malcolm Haddow from South West Scotland Environmental Information Centre will talk about moths found around the Nith including those found at the Nith Life Midsummer Night Walk at Ellisland Farm earlier this year.

Nith Life is a registered charity: SC053508

**KPTD THURSDAY NIGHT YOUTH CAFE**  
30 OCTOBER ~ 6-8 PM

Young people aged 12 and over  
Meet up @ThreeVillagesCafé  
and bring along your ideas and let's celebrate the creativity and energy of youth in our community.

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

**PENPONT FRIENDSHIP CLUB**  
**SEP 2025 - APRIL 2026**

**Thursday 13th November 2025**  
**Celebrating, St Andrew's Day!**

The Penpont Friendship Club meets in the Gladstone Hall on  
**Thursday afternoons**  
2 - 4 pm

# Growing Together!

## TUESDAY GROUP

This week our Tuesday Group busied themselves with some cutting and clearing towards the entrance of the community garden and tidying up of the riverside edge. Leaves were raked, bramble, briar, nettles etc. were being removed in a bid to open up this space and make it a little easier to manage and possibly less weedier for next year. We are also trying to make the roadside near the garden entrance a little more attractive and tidy. If you have any ideas as to what you'd like to see happen in this space please get in touch.



### COMMUNITY CALL TO ACTION!

KPTDT are really excited to welcome each of our new members this month and we hope that more folks will sign up to become members. Thank you for those of you who have already done so.

Companies House Reg. SC592235
OSCR Reg No. SC05098

# JOIN US BECOME A MEMBER

**CALLING ALL COMMUNITY RESIDENTS!  
WE NEED YOU!**

Keir, Penpont & Tynron Development Trust (KPTDT) are inviting you to join us in our mission to create a thriving sustainable community.

As a member you will have a direct say in local regeneration projects that matter to YOU!

If you are motivated to make a meaningful difference in your community, we want to hear from you!

Visit us online and complete our JotForm to become a member today.

**JOIN NOW**

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

Or, please pop into the KPTDT office to sign up as a new member!



# COMMUNITY CAFE NEWS



As promised, there is another recipe from the harvest supper a few weeks ago at the bottom of the page. There are also some small jars of the relish available in the cafe for a small donation.

Last Friday Harry had a chance to be in charge of the cafe with Joel as his front of house. By all accounts they managed fine. Billy was covering the Friday night Tea Time club but because of a mis-reading of the staff rota he was on his own! Maureen was following the saga from Bulgaria and could do nothing to help! She got a message from Billy later in the evening with a picture of a well-earned pint of Guinness! All back to normal this week - hopefully!

The next theme night will be on Saturday 15<sup>th</sup> November and the menu choices are listed below. This time it is a mix of seasonal and cultural dishes so hopefully there will be something there for everyone.

Wednesday, 19<sup>th</sup> November has been pencilled in for the Supper Quiz in the cafe. More details to follow.

We are beginning to think about Christmas and what we can offer at the cafe. The cafe will be available for groups and parties. Please get in touch to find out availability and menu.

**Wednesday**  
**£5 Special**

From 12 noon

£5

**Saturday Supper**

15<sup>TH</sup> NOVEMBER 2025 - 7.00PM

**STARTERS**  
Cream of Mushroom Soup  
Cauliflower Popcorn with cream & herb dressing  
Baked Feta Cheese with honey & sesame seeds

**MAINS**  
Venison & Red Wine Casserole, served with mash & veg  
Breast of Chicken Cacciatore, served with Tagliatelle  
Roasted Aubergine, butter beans & chilli pesto, served with flatbread & yogurt

**DESSERTS**  
Bakewell Tart & Custard  
Apricot & Almond Strudel & cream  
Autumn Fruits Roulade & ice cream

**TO FINISH**  
Tea or Coffee & homemade Chocolate Fudge

**£25** To book, please call into the cafe, email: [threevillagescafe@gmail.com](mailto:threevillagescafe@gmail.com) or telephone 01848 331073

BYOB

**TAKEAWAY PIE NIGHT!**

THURSDAYS - 4-6PM

Come and get you r **FREE LITTLE PIES** to take home to heat OR get them heated up AND for only £2.50, add chips and beans OR mash, peas and gravy.

THE PIES ARE DONATED BY KERR LITTLE BAKERY, DUMFRIES. FOR MORE INFORMATION ABOUT THE PIES AND TO BOOK PLEASE CALL 01848 331073, OR POP INTO THE CAFE

**FRIDAY NIGHT TEA TIME CLUB**

At **Three Villages Community Cafe**

**MENU**

- Home made Steak Pie, chips & peas £10
- Breaded Haddock, chips & peas £10
- Chicken Supreme & Rice £10
- Prawn & Chorizo Noodles £9
- Sweet n Sour chicken/Tofu & Noodles £9
- Mushroom Stroganoff & Rice (V) £7

5.15PM TO LAST ORDERS 7.00PM

Sit in/take away

To book: please call in to the cafe, email - [threevillagescafe@gmail.com](mailto:threevillagescafe@gmail.com) or phone 01848 331073

## Red Currant Relish Recipe

- 1 red onion, finely chopped
- jar red currant jelly
- 1 medium chilli or chilli flakes
- dried cranberries

### METHOD

Gently warm the red currant jelly. Stir in the rest of the ingredients, cook for a few minutes. Serve.







# **KPT Development Trust**

## **Annual General Meeting**

**Thursday 13th November 2025**

**7pm**

to be held in

**Gladstone Hall, Penpont**

Copies of the agenda and previous minutes will be made available on the evening.

**ALL WELCOME**

**This will also be an opportunity to hear about the Trust's trading companies -  
KPT Community Trading Ltd (Three Villages Community Café )  
KPT CEEL (Community Hydro)  
and the KPT Community Benefit Fund**



THIRD SECTOR  
Dumfries and Galloway

