



BULLETIN



WELCOME TO THE LATEST NEWS AND UPDATES FROM THE TRUST

UPDATES FROM THE CHAIR

WORD FROM THE CHAIR

I'm sure I am not alone in feeling the nip in the air this week - Monday certainly heralded the arrival of our first frost. There were reports that folks car windscreens and their grass were certainly showing distinct signs that Autumn is well and truly upon us. However, it's not been all bad this week as we have certainly been blessed with some beautiful sunshine and a good few days of dry - which truly makes a difference to our Rural Health & Wellbeing Activities such as Stroll in the Park and Garden Group. This has been a good week for our wellbeing activities with new people joining our walking group and our Craft Circle - welcome everybody and wishing you all a happy equinox!



A lovely photo of everybody who joined in with our Stroll in the Park activity taken by Sandy. Just a reminder that Stroll in the Park takes place every Tuesday at 11am. There are opportunities to blether afterwards, All Welcome.

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.



Telephone: 01848 331435
Mobile: 07 873 320 824
Companies House Reg. SC592235



Email: info.kptdt@gmail.com
Website: www.kptdevelopmenttrust.org
OSCR Reg No. SC05098

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

AUTUMN YOGA SESSIONS

We are excited to share new opportunities to access the Autumn Term of Yoga Sessions once again. These sessions are available in Penpont, Tynron and Keir.

Sessions are available on Friday mornings, Friday evenings and on Saturday mornings. Please see poster on the left for further information.

EBikes for Hire

Just a reminder that our Ebikes are still available for hire and with this lovely weather that we've been having recently what better way to get out and enjoy the changing colours of the season.

Our Be Active leaflets are also available in the KPT Office, Main Street Penpont - please pop along and ask for a copy.

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

or ask in the Three Villages Community Café

KPT Development Trust

UP & COMING ACTIVITIES



PENPONT FRIENDSHIP CLUB
SEP 2025 - APRIL 2026

Starting

on

Thursday 9th October 2025



The Penpont Friendship Club
meets in the Gladstone Hall on
Thursday afternoons

2 - 4 pm



***Please note:** Penpont Friendship Group
are welcoming new members **OF ALL AGES!**

Come along and join us at:

Three Villages (Penpont) Creative
Writing Group led by Hugh McMillan.
Wednesday 1st October, 6:30-8:30pm at
Three Villag Community Cafe



Open Book

Growth Pilot **New Open Book** **Groups:**

- Three Villages (Penpont)
- Dingwall
- Vennel Gardens (Irvine)



Find out more:
www.openbookreading.com

COMPETITION TIME!

This year KPTDT are holding a competition for the best
piece of creative artwork - this can include:

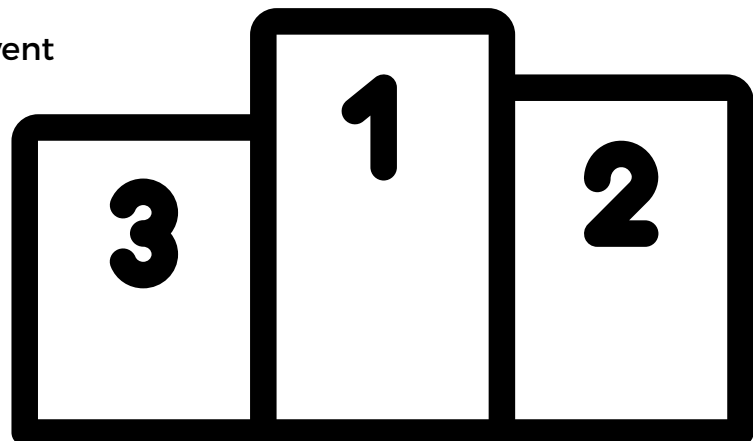
1. Drawing
2. Painting
3. Short Story
4. Photograph



It must be inspired by our Family Cycling Fun event
and be focussed on being active.

Artists are encouraged to think about

Kirkpatrick-Macmillan
Velocipede
The Active Travel Path
Cycling
Walking



This is open to all ages - Deadline to submit entries is Monday 20th October 2025.. We just
need your name, your age and your contact details or those of an appropriate adult if you are
aged 16 and under. All entries will be displayed at a future KPT event and winners and prizes
will be announced alongside KPT's AGM (Date to be Announced)

RURAL HEALTH & WELLBEING



Our Wellbeing Wednesdays are about so much more than just walking! It's an opportunity to meet new people, make friendships and learn new skills. Why not come along and join in and find out for yourself what is going on? All Welcome.



Stroll in the Park

JOIN US!

Penpont Starting 26 June

Wednesdays at 11am

Meet at KPT Office Penpont

 Active Communities Dumfries & Galloway



Dumfries
& Galloway

**Three Villages Community Cafe**

Wednesday £5 Special

ONE COURSE AND A CUP OF TEA OR COFFEE



£5

From 12 noon

The funding which allowed us to offer the £3 meal over the winter finished on 31st March 2025 and the cafe would like to extend their thanks to Dumfries & Galloway Council and KPT Community Benefit Fund which allowed the cafe to provide nearly 400 Warmer meals .

**CRAFT, SKILLS, SHARE
COMPANY & CARE**

Craft Circle

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

COMMUNITY Rural Health & Wellbeing PROJECT

JOIN NOW!

WEDNESDAY AFTERNOON 1:00 - 3:00 PM	KPT OFFICE MAIN STREET PENPONT
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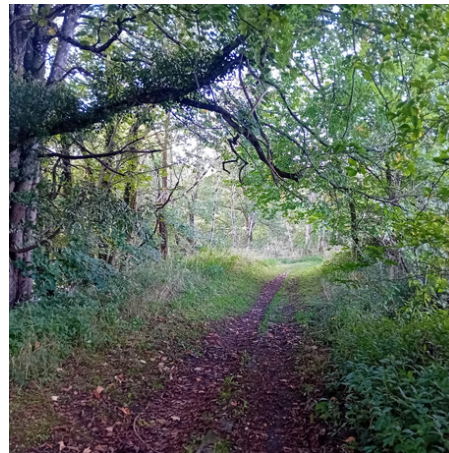


BRIDGEND COMMUNITY GARDEN

Growing Together!



TUESDAY GROUP
are still focussing on getting the grass and edges back into shape - hopefully, we are almost nearing the final cut of the year! There is still some produce available.



SATURDAY
WORK PARTY - ALL WELCOME!

GALLERY SPACE AVAILABLE

We are sorry to report that Ailie has decided to give up Rooks Gallery at the community cafe because of pressure of work.. The gallery has always been an enjoyable addition for the customers at the cafe and we will miss the rook puppet that oversaw all that went on!. We wish Ailie well for the future.

As well as continuing having tables in the gallery space, the community cafe is working out how best to use the space. At the moment, we still have Neil Mackay's walking sticks and bowls for sale on behalf of Cancer Research so if you have started your Christmas shopping, why not come and get some lovely handmade gifts.





COMMUNITY CAFE NEWS



**THREE VILLAGES
COMMUNITY CAFE**

UKRAINIAN SUPPER

**SATURDAY 27TH SEPT 2025
7.30PM**

Come and enjoy an evening
of traditional Ukrainian
food, lovingly prepared by
Iryna. The food will be
served buffet style to allow
you the opportunity to
taste the range of dishes.

TICKETS £25

Only 20 available!

To reserve your ticket, please call into the cafe,
e-mail threevillagescafe@gmail.com
or telephone 01848331073

**FULLY
BOOKED!**

HARVEST SUPPER SET FOR 11TH OCTOBER

**THREE VILLAGES
COMMUNITY
CAFE**

Harvest Supper

11TH OCTOBER 2025 7.00PM £25 BYOB

STARTERS:

- Hearty Vegetable Soup & bread
- Pigeon Breast Pate, Relish & Oatcakes
- Mushroom Souffle

MAINS:

- Roast Pork with Apples & Onions
- Maple Roasted Chicken
- Butternut Squash & Sage Risotto

All served with potatoes,
herby buttered carrots & beetroot gratin

DESSERTS:

- Swiss Apple Tart
- Plum & Marzipan Kuchen
- Chocolate & Blackberry Pavlova

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

The Cafe Crew are delighted that the Ukrainian Supper tomorrow (Saturday) is fully booked. We wish Iryna success for the evening and hope it will be an enjoyable experience which she may like to repeat! If there is anyone else who would like to use the cafe for a similar type event, please get in touch with Maureen to discuss.

FRIDAY NIGHT TEATIME CLUB IS BACK!

FRIDAY NIGHT TEA TIME CLUB

At
**Three Villages
Community Cafe**



**RE-OPENS
FRIDAY 26TH SEPTEMBER**

5.15PM TO LAST ORDERS 7.00PM
Sit in/take away

CAFE
THREE VILLAGES

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

All the old favourites still on the menu tonight (Friday).
Homemade Steak Pie, breaded haddock and homemade homegrown tomato sauce for the shakshuka!