



# BULLETIN

WELCOME TO THE LATEST NEWS AND UPDATES FROM THE TRUST

## TRUST OFFICE HOURS:

**Monday:** 10:00 - 4:00  
**Tuesday:** 10:00 - 4:00  
**Wednesday:** 3:30 - 5:00  
**Thursday:** 12:00 - 4:00  
**Friday:** Bulletin Day

## 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.**

## ACTIVE TRAVEL FREE E-BIKE HIRE

**FREE E-bikes Hire**

(Available to residents within the KPT Community Council area, aged 14 and over until March 31, 2026).

**TO BOOK:** Contact Maureen on 07765073913 or Michelle on 01848 331435. Book using JotForm @<https://kptdevelopmenttrust.org/> or via email: [info@kptdevelopmenttrust.org](mailto:info@kptdevelopmenttrust.org) or ask in the Three Villages Community Café

Accessible and reliable public transport, coupled with Active Travel e.g. safe walking and cycling routes, can foster community connectivity and reduce social isolation. When people can easily move around their local area, interact with neighbours, and participate in community life without relying purely on private vehicles, it builds a more connected and resilient society. E-bikes support active travel and can be game changers for mobility. KPT Development Trust are

offering Free E-bike hire to residents within the KPT Community Council area as a more cost-effective, space-efficient, and healthy alternative to car journeys, which support significant reduction in carbon and noise pollution too. Please see the poster for further information. (E-bike Hire is subject to availability and individuals hiring must be aged fourteen and over).



Telephone: 01848 331435



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



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



### 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. So it is advisable to get in touch prior to attending.

There are also other opportunities available that are not shown here, such as volunteering in Bridgend Community Garden or with our 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 email: [info@kptdevelopmenttrust.org](mailto:info@kptdevelopmenttrust.org)

CRAFT, SKILLS, SHARE COMPANY & CARE

# Craft Circle

Looking for help & skills to both teach & learn creative crafts.

## COMMUNITY Rural Health & Wellbeing PROJECT

**JOIN NOW!**

WEDNESDAY AFTERNOON 1:00 - 3:00 PM

KPT OFFICE MAIN STREET PENPONT

FREE Sound & Relaxation By Candlelight

To book: 07471 127497 [expressions@stacieamelia.com](mailto:expressions@stacieamelia.com)

Gladstone Hall Princes St Penpont DG3 4BY

**Relaxation**  
Have some time out in your day just to relax your mind, body and spirit.

**Immersion**  
Sound frequencies and vibrations can help to bring peace, harmony and balance. Soft, melodic sounds like singing bowls, drums and chimes can create a sense of calm helping to reduce stress and anxiety.

**Restoration**  
Caring deeply for your wellbeing

You will need a yoga mat and a blanket. If this is a concern please let me know, I do have spares.

**TUESDAYS 6PM**  
Jan 13<sup>th</sup> 27<sup>th</sup>  
Feb 17<sup>th</sup> 24<sup>th</sup>  
Mar 3<sup>rd</sup> 17<sup>th</sup> 24<sup>th</sup> 31<sup>st</sup>

Stacie Amelia

# FREE E-bikes Hire

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# 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

## ADDITIONAL SESSIONS NOW AVAILABLE

# SHIATSU

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)

Three Villages Community Cafe

# Wednesday £5 Special

**£5**

From 12 noon

THREE VILLAGES COMMUNITY CAFE

# TAKE AWAY PIE NIGHT!

THURSDAYS - 4-6PM

Come and get your **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

the Little Bakery

## RURAL HEALTH & WELLBEING WEEKLY STROLL IN THE PARK

Our Stroll in the Park group continue to grow week by week and we are delighted to welcome new walkers.



Walking is a simple and effective way to improve both physical and mental health. It is a form of exercise that can be incorporated into daily routines and is accessible to everyone.

Come along and join our Stroll in the Park (Walk & Talk) Group our aim is to help make walking more enjoyable and provide support.

All Welcome.

For more information please get in touch with Michelle J.

## COMMUNITY LITTER PICK

# Love the Path

## Community Litter Pick

### Saturday 14<sup>th</sup> February

11:00am - 1:00pm

Meet up at 10:45 @Three Villages Community Café

All Equipment Provided

Refreshments will be available afterwards in the café

### ALL WELCOME



## DATES FOR THE DIARY!

Community Energy Launchpad workshop in collaboration with 



Free tea, coffee and cake!

### Get started with Community Energy

TUESDAY 3<sup>RD</sup> FEBRUARY 2026

**OLD SCHOOL THORNHILL**  
Station Rd, Thornhill DG3 5DF

- Presentation on Shared Ownership: Christina Hinds Local Energy Scotland 10:00-10:30
- Community Group Drop-In Sessions 9:00-10:00 and 11:00-12:00
- Presentation from D&G Climate Hub 10:30-11:00

Community Energy Launchpad workshop in collaboration with 



Free tea, coffee and cake!

### Get started with Community Energy

WEDNESDAY 4<sup>TH</sup> FEBRUARY 2026

**THE VAULT ARTS CENTRE**  
40 Victoria Street Newton Stewart DG8 6BT

- Presentation on Shared Ownership: Christina Hinds Local Energy Scotland 14:00-14:30
- Community Group Drop-In Sessions 13:00-14:00 and 15:00-16:00
- Presentation from D&G Climate Hub 14:30-15:00

## Mid Nithsdale Church of Scotland

Sun 11<sup>th</sup> Jan Closeburn United Service at 10:00am

Sun 18<sup>th</sup> Jan Thornhill United Service at 10:00am

Sun 25<sup>th</sup> Jan Penpont United Service at 10:00am

Sun 1<sup>st</sup> Feb Closeburn United Service at 10:00am

Sun 8<sup>th</sup> Feb Thornhill United Service at 10:00am  
Mr David Neilson is leading Penpont Services.



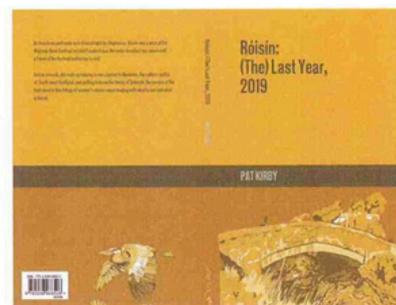
Everyone Welcome Charity No SC012722

## Book Launch Party

Old School Thornhill  
Friday 27 February  
7pm - 9pm

(The) Last Year trilogy is finished!

Please come to hear about the books, set here in Mid-Nithsdale, and celebrate with Pat Kirby that the series is completed.



Drinks and snacks and conversation. And a chance to buy a book or three.

**Free event.** Please follow this link to register your attendance.

<https://www.eventbrite.com/e/book-launch-party-tickets-1980178340722?aff=oddtcreator>

Or email me at: [pat.kirby@btinternet.com](mailto:pat.kirby@btinternet.com)



## HAYJAVU

### KIDS CRAFT CLUB

KEIR VILLAGE HALL -  
5.45PM - 7.00PM  
EVERY THURSDAY

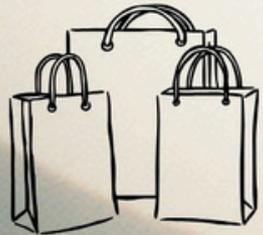
£6.00/SESSION

**LOOK FORWARD TO SEEING YOU!!!**

BOOKING NOT ESSENTIAL BUT PLACES WILL BE LIMITED



# DG3 COMMUNITY FOOD SHARING ACTIVITIES




**Three Villages Community Cafe**

## Wednesday

# £5 Special



**£5**

From 12 noon




**THREE VILLAGES COMMUNITY CAFE**

## TAKE AWAY PIE NIGHT!

THURSDAYS - 4-6 PM

Come and get your **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.

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## THORNHILL COMMUNITY FOOD INITIATIVE

A membership food club for everyone.

Every Sunday at Old School Thornhill  
(Come round to the kitchen door on the left)

Open from 11.30 to 12.30  
Donations from 10.30 onwards

ALL WELCOME



OLD SCHOOL THORNHILL

# THORNHILL COMMUNITY FOOD INITIATIVE

EVERY SUNDAY 11.30 TILL 12.30

WHAT DO WE DO? WHO CAN COME?

We aim to be both a wee shop and a friendly drop-in space for anyone in the DG3 area who is struggling to afford their weekly groceries.

No questions are asked, and everyone is welcome. Our goal is to create a warm and inviting environment for all.

DONATIONS WELCOME FROM 10:30 ONWARDS

HOW DOES IT WORK?

- CHOOSE BETWEEN A £6.00 SHOP FOR 20 FAMILY ITEMS OR A £3.00 SHOP FOR 10 INDIVIDUAL ITEMS ON SUNDAY MORNINGS.
- FRUIT, VEGETABLES, AND EGGS ARE FREE.
- ENJOY A FREE CUP OF HOT CHOCOLATE OR HOME MADE SOUP
- ACCESS PRODUCE FROM THE COMMUNITY GARDEN OR PICK YOUR OWN!

OLD SCHOOL THORNHILL

## HOSPITAL DISCHARGE COMMUNITY SUPPORT

Are you, a relative, or someone you know being discharged from hospital?

The Thornhill Community Food Initiative is trialing a new service for DG3, providing frozen meals and a stock of food to keep you going for a few days.

To arrange a collection, please email: [tcfieoldschoolthornhill.com](mailto:tcfieoldschoolthornhill.com)



For further information on Warm Wednesday or Thursday Takeaway Pie Night at The Three Villages Community Café please contact 01848 331073 or email [threevillagescafe@gmail.com](mailto:threevillagescafe@gmail.com) or Michelle Johnston (Development Officer on 01848 331435 or email [info@kptdevelopmenttrust.org](mailto:info@kptdevelopmenttrust.org))

For further information on any of the Old School Thornhill community food sharing activities please find on facebook @thornhillcommunityfoodinitiative or [oldschoolthornhill.com](http://oldschoolthornhill.com) (N.B. Thornhill Community Food Sharing Initiative are open as usual over the Christmas and New Year period)

ALL WELCOME



**GARDEN GROUP**

Join our 'gentle gardening group'  
Health & Wellbeing  
Thursday  
2:00 - 4:00pm

Community Growing together!

Every Saturday  
from 10:30am to 12:30pm.

All Welcome!

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

**SATURDAY**  
(10:30 to 12:30)

Come on down to the garden and help us get our new garden planting rotation ready for Spring.  
&  
Spend time with the hens!

**Thursday**  
(2:00 - 4:00)

Join us for an afternoon of gentle gardening, companionship and general outdoorsy (ish) tasks!

**FRESH EGGS!**

Thank you so much to our community members who have very generously and kindly made donations to us for our eggs. The Garden Girls have now earned their first ever bag of laying pellets. We are absolutely delighted! It is fantastic to be able to share freshly laid eggs with the wider community by making them available from the office. The eggs are lovely. Please feel free to donate your old egg boxes by dropping them into the office or into the community sharing boxes. We truly appreciate your support.



**BRIDGEND COMMUNITY GARDEN**

**FRESHLY LAID EGGS**



Available from KPT Development Trust Office  
Main Street, Penpont

Suggested donation £1.80  
Subject to availability

Two of our Thursday Garden Group members being busy this week. The weather was horrid so we had to seek shelter in the polytunnel. We still managed to find plenty of tasks to do which will hopefully help our Saturday group out with their preparation for the Spring Seed Sowing.

The Garden Group is a gentle gardening group and folks are welcome to join in on either the Saturday or the Thursday Sessions.

**ALL WELCOME**



## UPDATES FROM THE CAFÉ

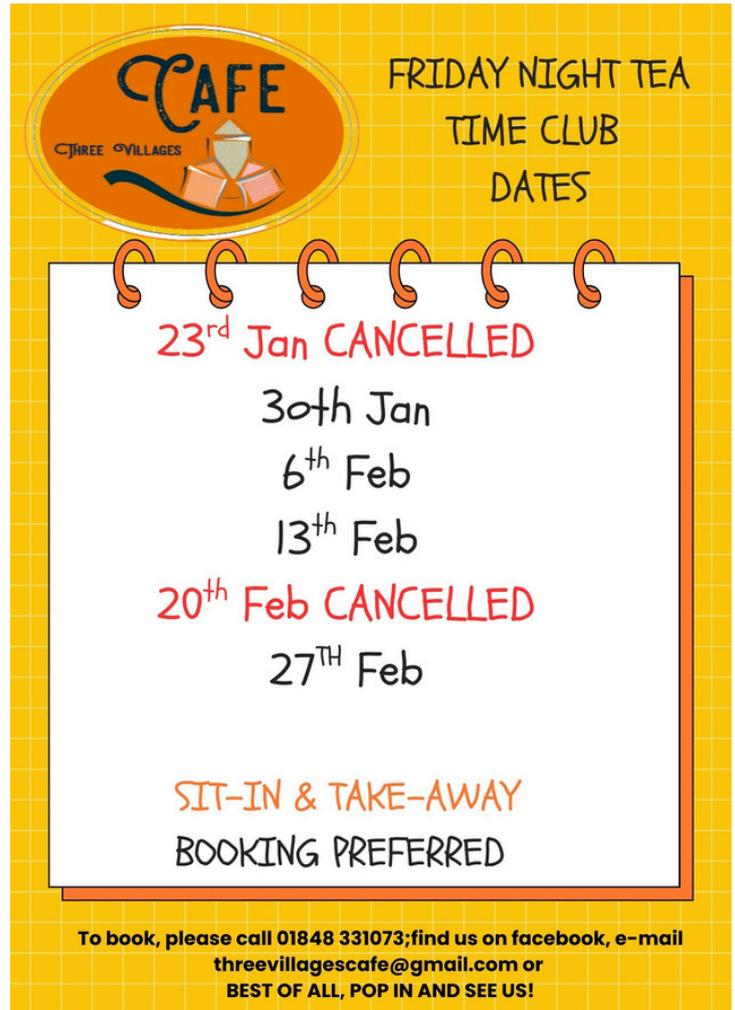


Unfortunately, we have had to cancel some of our Friday Night Tea Time Club dates. We apologise for any inconvenience caused. Please see the poster to the right for information regarding cancelled dates.

On the good news front we are hosting a Saturday Supper event. This will be held on Saturday 7<sup>th</sup> February.

We look forward to seeing you there!

Please see the poster below for the menu and details on how to book.



**FRIDAY NIGHT TEA TIME CLUB DATES**

23<sup>rd</sup> Jan **CANCELLED**  
 30<sup>th</sup> Jan  
 6<sup>th</sup> Feb  
 13<sup>th</sup> Feb  
 20<sup>th</sup> Feb **CANCELLED**  
 27<sup>th</sup> Feb

**SIT-IN & TAKE-AWAY BOOKING PREFERRED**

To book, please call 01848 331073; find us on facebook, e-mail [threevillagescafe@gmail.com](mailto:threevillagescafe@gmail.com) or **BEST OF ALL, POP IN AND SEE US!**



**Saturday Supper**

7<sup>th</sup> February 2026 - 7.00PM

**STARTERS**  
 Cauliflower & Cheese Soup  
 Haggis, Neeps & Tatties Stack with Whisky Sauce  
 Warm Goat's Cheese Salad

**MAINS**  
 Slow Cooked Chicken with Corn Crust & Vegetables  
 Pork Fillet stuffed with Feta & Sage, served with Buttered Noodles & Vegetables  
 Spanakopita (Filo pie with Spinach & Feta) & Vegetables

**DESSERTS**  
 Plum & Almond Kutchen  
 Sweet & Salty Cheesecake with Cherries  
 Cheese Platter

**TO FINISH**  
 Tea or Coffee & homemade shortbread

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

**BYOB**



**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 & Noodles £9  
 Mushroom Stroganoff & Rice (V) £7  
 Macaroni Cheese, chips & peas (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

