



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 PATH UPDATES

773 P1B2 Penpont to Thornhill Active Travel Route

Many thanks to Rowena Colpitts from Transport, Planning & Engineering (TP&E) for capturing this ongoing journey of change and for sending us these photographs. We thought that our community might like to see just exactly what has been worked on over the last few weeks particularly if you haven't been able to get out and about much lately or it's always dark when you are crossing over the Nith Bridge!

Before and After Photos
January 2026

25 Nov 2025



12 Jan 2026



22 Jan 2026



Telephone: 01848 331435



Email: info.kptdt@gmail.com



Website: www.kptdevelopmenttrust.org

773 P1B2 Penpont to Thornhill Active Travel Route

Before and After Photos

January 2026

25 Nov 2025



12 Jan 2026



22 Jan 2026



Nith Bridge looking west from the edge of Marchbank field.



Nith Bridge looking east from P1B1 at the west end of the bridge.

These photos show us the work being done will make a huge difference towards enabling active travel. Active travel is walking, wheeling or cycling for a purposeful journey. Wheeling includes using a wheelchair or mobility aid as an alternative to walking.

These improvements will make it easier and safer for people of all ages and abilities to choose healthier and happier active and sustainable travel options and increase connectivity between our communities.

Active travel is fundamental to all of the interconnected priorities the National Transport Strategy, encouraging a reduction in car use and to support our communities towards transitioning to a net zero transport system.

**WELCOME TO THE
NITHSDALE & NEW CUMNOCK
BUS SURVEY 2026**



The N76 Active Travel group of Development Trusts in Nithsdale / New Cumnock wish to collect information from potential and actual public bus users to better understand what they need from any future bus services in our area. We will use this information to approach funders of future bus services (like D&G Council) with the aim of changing the provision to better suit passengers and thus encourage greater use. If you wish to contribute to the discussion, please complete this short questionnaire:

Scan the QR Code below to take you through to the Survey - just 4 simple questions to help us understand what you think about the current bus service.



There will be paper copies available in the KPT Development Trust Office and
Three Villages Community Café

Please complete and return paper copies to the collection boxes provided.

**The survey will be open until
20 February 2026**

COMMUNITY LITTER PICK

Love the Path

Community Litter Pick Saturday 14th 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



RURAL HEALTH & WELLBEING WEDNESDAY

STROLL IN THE PARK

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

"The longest journey begins with a single step..." ~ Lao Tzu

There's no better day to start, than by joining our Wednesday Stroll in the Park (Walk & Talk Group). If you're new to walking for everyday journeys, or you haven't walked in a while, you might need some gentle inspiration to take the first step.

You don't need special gear, just comfy shoes, a coat, and maybe a brolly if it's raining.



For more information please get in touch with Michelle J.



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

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

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

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 13th 27th
Feb 17th 24th
Mar 3rd 17th 24th 31st

Stacie Amelia

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 0776507391 or Michelle on 01848 331435. Book using JotForm @ <https://kptdevelopmenttrust.org> or via email: info@kptdevelopmenttrust.org or ask in the Three Villages Community Cafe

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

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



DG3 COMMUNITY FOOD SHARING ACTIVITIES




Three Villages Community Cafe

Wednesday

£5 Special



£5

From 12 noon




THREE VILLAGES COMMUNITY CAFE

TAKE AWAY PIE NIGHT!

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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



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 or Michelle Johnston (Development Officer on 01848 331435 or email 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 (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

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!

GARDEN TASKS FOR FEBRUARY

Clear beds from winter debris and persistent weeds.

Dig in well rotted manure and/or garden compost (boost soil fertility).

Chit early potato varieties (tip: Egg boxes are good for this).

Prune Apple & Pear Trees whilst dormant to maintain open structure and allow light,

If the weather is still awful use this opportunity to sort out pots, declutter work areas to prepare for seed sowing & propagation.

Check and maintain tools getting them ready and safe to use.

Collect sticks and fallen debris from overhanging trees which can be composted or used in raised beds,



BRIDGEND COMMUNITY GARDEN
FRESHLY LAID EGGS



Available from KPT Development Trust Office
Main Street, Penpont

Suggested donation £1.80
Subject to availability



UPDATES FROM THE CAFÉ

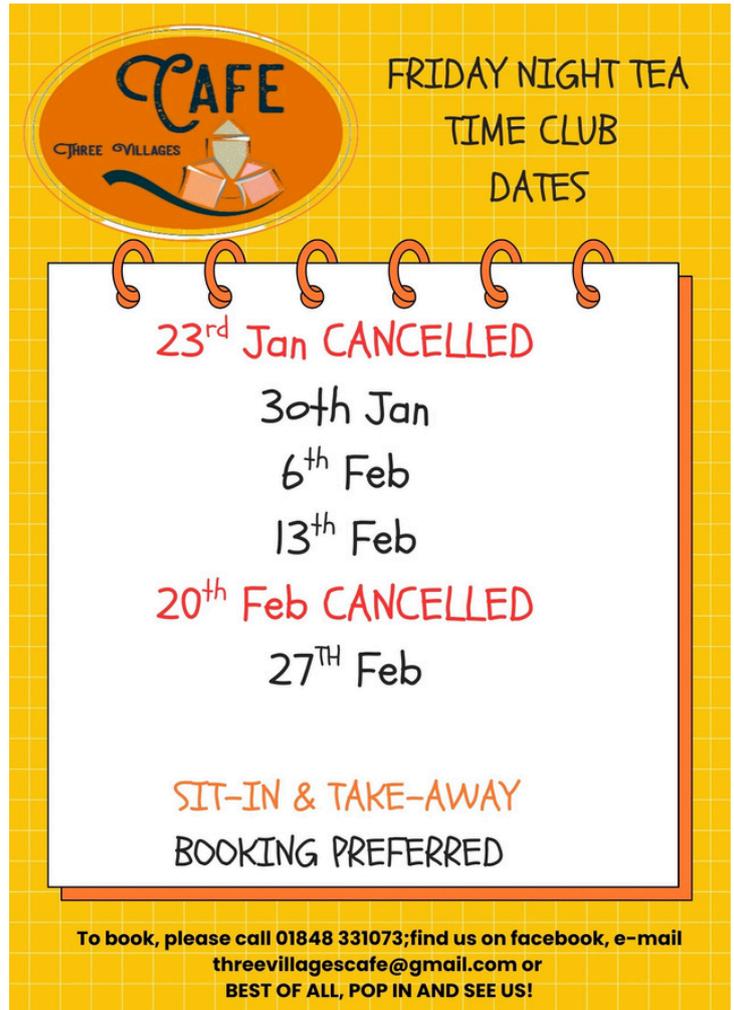


Friday Night Tea Time Club is on this evening.

We are looking forward to hosting our Saturday Supper event. This will be held on Saturday 7th February. There are still some spaces left - so please get in touch to make your booking.

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

23rd Jan CANCELLED
 30th Jan
 6th Feb
 13th Feb
 20th Feb CANCELLED
 27th Feb

SIT-IN & TAKE-AWAY
 BOOKING PREFERRED

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



Saturday Supper

7th 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 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 or phone 01848 331073

