



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

2-4pm Gentle Garden Group

4-6pm Take Away Pie Night

KPT COMMUNITY BENEFIT FUND

(COMMUNITY HYDRO DIVIDEND)

NOW OPEN!

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

N76 BUS SURVEY PRESS RELEASE

A big thank you to everybody who participated in our recent Nithsdale and New Cumnock Bus Survey. The N76 Group Report reveals that Nithsdale's bus network is "not fit for purpose," causing severe isolation, economic harm, and limited access to essential services for residents. Based on responses, the survey highlights a critical lack of evening/Sunday services and broken connections to Cumnock, Ayr, and Edinburgh.

Key Findings:

- **Widespread Isolation:** Reduced services after 5.30pm have cut off residents from work, social, and medical opportunities.
- **Broken Connections:** Loss of direct routes to Ayr, Cumnock, and Edinburgh, making journeys significantly longer and more difficult.
- **High-Risk Groups:** Residents without cars, including elderly and low-income households, are severely impacted.

Urgent Demands:

The report calls for restoring evening/Sunday services, reinstating direct links to major hubs, increasing school bus capacity, and improving reliability.

To view the full report please visit:
www.kptdevelopmenttrust.org



Telephone: 01848 331435



Email: info.kptdt@gmail.com



Website: www.kptdevelopmenttrust.org

Last year, KPT Development Trust were delighted to be awarded funding from Third Sector Dumfries and Galloway through the Scottish Government's Communities Mental Health and Wellbeing Fund. One of the activities supported by this funding is our weekly Craft Circle held every Wednesday afternoon. This week, Senior Fund Coordinator, Iona, visited our group to hear first-hand about the benefits the club brings to members, how accessible it is for the community and their hopes for the future. Iona was impressed by how our Craft Circle has succeeded in "bringing people together to get creative and connect with others". Of course as reported on our funders Social Media 'The visit finished (as all good craft sessions should) with a cup of tea and a chat'.



(Photo Credit: Third Sector D&G - March 2026) Some of our incredibly talented crafters who meet each Wednesday Michelle J. thanked our fabulous Craft Circle for their brilliant meeting with our funders on Wednesday and is fairly sure their laughter could be heard across the region! We are incredibly grateful to this funding opportunity for enabling this project to grow and thrive. More importantly, we can't thank our crafters enough. This group has become so much more than a wellbeing activity; it is a shining example of intergenerational connection, sustainable crafting, and skill-sharing. Above all, it has built deep and lasting friendships. We also want to recognise our 'home crafters' who can't make it to the weekly sessions but continue to contribute beautifully from their own homes. You are a vital part of our collective effort. Thank you also to everyone who has kindly donated craft materials for us to continue learning and creating.

We will continue to meet every Wednesday, as we are working on some new community craft projects and everyone is welcome!



A MILESTONE for Mid NITHSDALE: KPT DEVELOPMENT TRUST JOINS THE SCOTTISH COMMUNITIES FOR HEALTH AND WELLBEING NETWORK

The KPT Development Trust (KPTDT) has reached a significant strategic milestone after being officially accepted as a member of the Scottish Communities for Health and Wellbeing (SCHW()). This partnership marks a new chapter for the communities of Keir, Penpont, and Tynron, moving the Trust from a local grassroots initiative to a recognised partner in Scotland's national health landscape.

A New Strategic Partnership: Development Officer Michelle Johnston says: "Becoming part of the SCHW Network is a fantastic opportunity for us. It validates the hard work we've been doing locally and connects us with a wealth of expertise from across Scotland. This isn't just about a new title; it's about gaining the tools and collaborative support to ensure our wellbeing projects—from the garden to our community cafe and other activities can thrive and expand for years to come."

Who are SCHW? Scottish Communities for Health and Wellbeing is a national Scottish Charitable Incorporated Organisation (SCIO) representing over 70 community-led health organisations across the country. Collectively, the network supports over **300,000 people annually**, employing 500 staff and engaging thousands of volunteers.

Unlike traditional clinical services, SCHW focuses on the **social model of health**. They believe that wellbeing isn't just found in a GP surgery, but in the strength of our social connections, our access to green spaces, and our ability to support one another locally.

What This Means for KPT Development Trust: Joining this network is more than just a badge of honour; it provides KPTDT with a "seat at the table" and access to a powerful **collaborative network**.

- **A National Voice:** Through SCHW, KPTDT now has a direct line to influence national health policy. It ensures that the specific needs of our rural villages are heard by decision-makers in Edinburgh.
- **The Power of the Consortium:** As part of a larger collective, the Trust can participate in "consortium bidding." This allows smaller organisations to join forces to secure significant national funding and contracts that would be impossible to access alone.
- **Knowledge and Innovation:** The membership opens doors to a "learning exchange." KPTDT can now tap into the best practices of dozens of other successful trusts—from social prescribing initiatives to mental health support projects—and bring those proven ideas home to Mid Nithsdale.

Strengthening Our Local Roots

For residents of Keir, Penpont, and Tynron, this news reinforces the value of the Trust's existing work. Whether it is the Three Villages Cafe, Bridgend Community Garden or the e-bike scheme, these projects are now backed by a national framework of expertise.

By joining SCHW, KPT Development Trust is ensuring that its mission—to make our area a vibrant, sustainable, and healthy place to live—is supported by the very best resources Scotland has to offer.

KPT CRAFT CIRCLE ENJOY A DAY OUT



Some of our KPT Craft Circle members had a brilliant day out at the Glasgow SEC last Saturday, 7th March! We spent the day exploring the Creative Craft Fair and Quilting Exhibition, coming home buzzing with inspiration and bags full of new supplies. Everyone thoroughly enjoyed the experience. Including our Leslie who said that he fair enjoyed just going somewhere different. A huge thank you to our funders, Third Sector Dumfries and Galloway, for making this wonderful trip possible. A very big thank you to David Kerr our driver and to Thornhill District Transport for their support in taking us all their and for bringing us back home safely.

LOCAL COMMUNITY TRANSPORT & ACTIVE TRAVEL UPDATES



Local Community Transport & Active Travel

About

Keir, Penpont and Tynron Development Trust are working with local community transport providers to promote active travel, raise awareness of travel options available and optimise everyday use of existing services.

We are currently working with Cairn Valley Community Transport, Thornhill Community Transport and locally based Private Hire Firm Rabbies Cabs to ensure that residents from across our communities and visitors to our area can access and contact local transport providers to ensure that their travel needs are met. (Subject to eligibility criteria and availability).

Services

- Scheduled Routes
- Excursions
- Group Bookings
- Essential Health & Wellbeing Journeys
- FREE E-Bike Hire



Contacts

- Cairn Valley Community Transport:**
Mon - Fri 01387 820869
email: bookings@cvct.org.uk
- Thornhill Community Transport:**
Call Janis on 07842163775 or 01848330067
- E-Bikes for Hire:** Call Maureen on 07765073913 or Michelle on 01848 331 435
email: info.kptdt@gmail.com or phone: The Three Villages Café: 01848 331073
- Rabbies Cabs** 07842142590
email: rabbiescab2024@yahoo.com



Community minded and locally based firm Rabbies Cabs are offering low rate and accessible travel for residents to make essential journeys for health & wellbeing purposes including medical appointments and shopping.

COMMUNITY TRANSPORT INITIATIVE

CAIRN VALLEY Community Transport

Moniaive - Castle Douglas Alternate Thursdays Only
Running from Thursday 27th November (Christmas Day - No Service)

Moniaive	11:15	Castle Douglas	15:05
Kirkland	11:20	Shawhead	15:25
Wallaceton	11:25	Newtonairds	15:35
Dunscore	11:30	Dunscore	15:40
Newtonairds	11:35	Wallaceton	15:45
Shawhead	11:45	Kirkland	15:50
Castle Douglas	12:05	Moniaive	15:55

CAIRN VALLEY COMMUNITY TRANSPORT

EXCURSIONS Spring/Summer 2026

FR 22 NOV	BURRELL COLLECTION-POLLOK COUNTRY PARK Depart: 9.30am - 10.00am Admission: Free
FR 25 NOV	HEXHAM / HARRIAN'S WALL / HALL WHISTLE Depart: 9.30am - 10.00am
FR 05 DEC	CULZEAN CASTLE AND COUNTRY PARK Depart: 9.30am - 10.00am Admission: £22 (Cash/DBS/500 Park & Gardens only) £16 (Cash/DBS/500 members free)
FR 02 JAN	KESWICK Depart: 9.30am - 10.00am
FR 02 JUL	PORTPATRICK / GLENMANN GARDENS / DENKAYT Depart: 9.30am - 10.00am Gardens admission: £9 (Cash/DBS)

TO BOOK: Phone Mon-Fri 01387 820869 bookings@cvct.org.uk
Children under 3 go free, 3-17 half price
Leave times are from the start, Moniaive. Shopping at Dunscore 15 minutes later
Other pick up points can be arranged if practicable and depending on route.

THE MONIAIVE TO CASTLE DOUGLAS SERVICE will run on:
2, 16, 30 April, 14, 28 May, 11, 25 June, 9, 23 July, 6, 20 August, 3, 17 September, 1, 15, 29 October
For prices and pick up times see www.cvct.org.uk

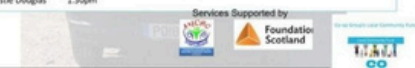
Visit us at <https://thornhillcc.com/directory/community-transport-thornhill>

Thornhill & District Community Transport

Winter Timetable 2025-6: Dumfries & Castle Douglas

Month	Dumfries via Park (Fridays)			Dumfries via Penpont (Fridays)			Castle Douglas (Wednesdays)
October	10	24		03	17	31	01
November	07	21		14	28		05
December	05	19		12	26		03
January	02	16	30	09	23		07
February	13	27		06	20		04
March	13	27		06	20		04

All Services Depart Thornhill (West Morton Street) 9.30am
Returning: Dumfries (Loreburne Ctr Bus Stance) 12.45pm
Castle Douglas 1.30pm

Services Supported by:


General Enquiries & Seat Reservations: 07842 163775; or J Dick - 01848 330067

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 or ask in the Three Villages Community Café

KPT Development Trust: continue with the FREE E-Bike Hire Scheme - this is available to all residing within the Keir, Penpont and Tynron community council area.

Cairn Valley Community Transport: have opened up their service provision to all residents within the Keir, Penpont and Tynron community council area and there are still spaces available for ****Their first excursion of the season which is on Friday 27 March to the Burrell Collection**** Places still available. To Book: Phone 01387 820869 Mon - Fri or email bookings@cvct.org.uk

Thornhill District Community Transport: have a special request

Seeking Volunteer Minibus Drivers - Flexible Hours & Training Provided

We are urgently seeking volunteer drivers to join our team, helping us transport community members.

- Requirements: Aged 45-70 (insurance requirement) with a D1 license entitlement.
- Ideal Backgrounds: Retired or current professionals (police, fire, ambulance, teachers, etc.) are welcome, though not essential.
- Support: Free MiDAS (Minibus Driver Awareness Scheme) training provided.
- Flexibility: You choose your availability, routes, and groups. No pressure, completely flexible.

If you have some spare time, please contact David Kerr at thornhillcommunitytransport@yahoo.co.uk for more details.

DATES FOR THE DIARY

SEED SWAP

Sunday 15th March 2026

12-4pm

📍 Location: Old School Thornhill (OST)
Thornhill, Dumfries
DG3 5DF

Get your green thumbs ready for a fun-filled afternoon of swapping seeds, exchanging gardening tools, and enjoying a craft activity for the kids. Whether you've got fruits, veggies, flowers, or even bird seeds - bring them along and share with others!

What to Expect:

- ✨ Free seeds and seedlings
- ✨ Gardening tools
- ✨ Kids' Craft Activity

...and so much more garden themed fun...



POP-UP CYCLE REPAIR CAFE

SATURDAY 21 MARCH

FREE

FUN FOR ALL THE FAMILY
AT THE GLADSTONE HALL

HAVE YOUR SAY

THORNHILL ACTIVE TRAVEL

WEDNESDAY 25th MARCH 4 -6pm

DRUMLANRIG VIEW COMMUNITY LOUNGE

**POP-UP
CYCLE REPAIR CAFE
SATURDAY, 21 MARCH**

11am - 3pm
The Gladstone Hall

Free Bike Safety Check
& MOT

Dr Bike Children's Activities

TABLE TOP Safe
Food & Soft Drinks

Table £5.00

To book a table, please contact
Michelle J. 01848 331 435, or
email: info.kptdt@gmail.com

THORNHILL ACTIVE TRAVEL

What is happening to Boat Brae?

**Boat Brae Closure
Public Consultation**

- 📍 Drumlantig View Community Lounge
- 📅 Wednesday 25th March
- 🕒 4 - 6pm

A new 4 km multi-use path connecting Penpont to the outskirts of Thornhill is nearing completion. The route will allow residents to walk, wheel and cycle safely between the two villages, with the final stage scheduled for completion in March, alongside the installation of traffic lights on the Nith Bridge.

Connecting this path by the shortest and safest route depends on a Redetermination Order, which would close Boat Brae to vehicular traffic, except for essential farming access to nearby fields.

There have been some objections to the proposed closure. Thornhill Active Travel Group would like to understand and demonstrate the level of community support for the closure, and discuss how supporters can make their views known to the relevant authorities.

HAVE YOUR SAY

If you are unable to attend the meeting, you can still share your views:
Email: hello@oldschoothornhill.com
Post: Thornhill Active Travel Group
c/o Old School Thornhill, Station Road



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

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

Gladstone Hall Princes St Penpont DG3 4BY

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

BRIDGEND COMMUNITY GARDEN



SATURDAY
(10:30 to 12:30)

Come on down to the garden and help us to get a good spring clean shine on inside and outside the Polytunnel.

Thursday
(2:00 - 4:00)

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

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 GROUP SPRING INTO ACTION!



Time for The Saturday Garden Group to get the grime off of the polytunnel!! Ahead of seed sowing next Saturday we will be in the garden this Saturday (14th March) cleaning the polytunnel inside and out. If we could please get a few helpers for this one it will take no time at all! Looking forward to seeing you tomorrow!

Look at all that green and think how satisfied we'll all feel after this job is completed!

BRIDGEND COMMUNITY GARDEN ACTIVITIES

Sowing the Seed
Saturday, 21 March

Help us to get the garden growing!

Our community event is an important one:
Sowing the Seed!

Join us at Bridgend Community Garden on
Saturday April at 10:30 AM.

Many hands make light work, and there's no better way to spend a Saturday morning than out in the soil with the community.

After the work is done please join us to enjoy our Pop-Up Cycle Repair Café at The Gladstone Hall.

Settin' the Tatties
Saturday, 28 March

Help us to get the garden growing!

Our first community event is a big one:
Settin' the tatties!

Join us at Bridgend Community Garden on
Saturday 28th March at 10:30 AM.

Many hands make light work, and there's no better way to spend a Saturday morning than out in the soil with the community.

After the work is done please join us to enjoy a hearty bowl of Homemade Tattie Soup at The Three Villages Café.



UPDATES FROM THE CAFÉ



Three Villages Café Loyalty Card changing to a Discount Card

The Trust directors are delighted to introduce a new 5% discount card that all of our customers can apply for. Along with this discount, card holders can be entered into a monthly draw for each time they visit the café and payments are processed. The prize(s) for the draw may be a freshly baked cake, vouchers for the café, home made jam, free range eggs etc. depending on the turnover for the month.



Three Villages
Community Cafe

5% Discount Card

Available to All

Get your discount card now and show it every time you pay to get included in the monthly prize draw!

Prizes will be based on the café's turnover of the previous month and drawn on the 15th of the following month.

Main Street, Penpont DG3 4BP
Tel -1848 331073 email: threevillagescafe@gmail.com
www.kptdevelopmenttrust.org

FRIDAY (13) NIGHT TEA TIME CLUB



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
- Sausages, Mash & Onion Gravy - £10
- Sweet n Sour Chicken & Noodles £9
- Special Fried Rice with chorizo, prawns & chicken £9
- 3 egg Shakshuka with or without crispy sausage £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

Ditch the Dishes this Friday the 13th!

Join us at the Three Villages Cafe in Penpont for our Friday Night Teatime Club! We're serving up a menu of firm Friday favourites—think hearty homemade meals, legendary local produce, and plenty of yummy cake.

Main Street, Penpont
Kitchen: 5:15 PM - 7:00 PM
Dog friendly!

Book now: 01848 331073
Lucky for some... delicious for everyone!
See you there?

Friday Night Tea Time Club will not be running on 20th March

Please note that the Friday Night Tea Time Club will **not be running** on 20th March.

Our Café Crew will look forward to welcoming you back for our next session on **Friday 27th March**



FRIDAY NIGHT TEA TIME CLUB DATES

6th March
13th March
20th March CANCELLED
27th March

**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!