



# 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.

## POP-UP REPAIR CYCLE CAFE TOMORROW, SATURDAY 21 MARCH

Get Spring-Ready! Pop Up  
Cycle Repair Cafe

Don't let a flat tyre keep you indoors! Join us at Gladstone Hall on Saturday, 21st March 2026 from 11am to 3pm for a day of community, sustainability, and free bike care.

Free Dr Bike Sessions: Get your bike roadworthy for spring with our qualified mechanic (minor repairs/MOT).

Table Top Sale: Browse, buy, or sell pre-loved treasures!

Tables are just £5.00.

Free Kids' Activities: Badge making, seed sowing, and a poetry corner. KPT Craft Circle will be on hand to teach different crafting activities.

The Three Villages Cafe Crew: will be on hand with their pop-up cafe experience to serve tea, coffee, light bites and homemade cakes.

Active Travel Path Treasure Hunt: A fun, interactive way to experience the local path network. Participants can spot markers and collect clues along the route, correct entries will be entered into a prizewinners draw.



Telephone: 01848 331435



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




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

## SOUTH OF SCOTLAND ENTERPRISE EVENT

19 MAR 2026

# Developing a Community Energy Project

 Dunragit Community Hub



Keir, Penpont and Tynron Development Trust

## SHAPING THE FUTURE OF OUR LOW CARBON COMMUNITIES

South of Scotland Enterprise hosted one out of four events yesterday, to explore net-zero, renewables and clean-heat opportunities. This was a great opportunity to listen and learn from other community stories.

The event also introduced the latest national and local progress towards the energy transition to net zero.

Maureen and Michelle J. were invited to visit Dunragit Community Hub and deliver a presentation on the Micro-Hydro Scheme and KPTDT's Community Benefit Fund.


Maureen and Michelle learned from other community energy projects including Loch Arthur Camphill Community. Despite minor technical issues, Maureen and Michelle were delighted to share our community energy project's journey. The timing was also perfect to launch our newly simplified Community Benefit Fund (CBF) application form. The Jotform is available on our website: [www.kptdevelopmenttrust.org](http://www.kptdevelopmenttrust.org). Further evidencing that our micro-hydro scheme has achieved macro impacts for our community progressing towards a just transition.

## COMMUNITY BENEFIT FUND


APPLICATIONS WELCOME




KPT Development Trust Community Benefit Fund reinvests profits from your community-owned hydro scheme into local regeneration projects that enhance wellbeing, infrastructure, and environmental sustainability for the villages of Keir, Penpont, and Tynron.

**1. Spot a Need (The "Lightbulb" Moment)**   
It all starts with an idea.

**2. Let's Have a Chat**   
Before you spend time on paperwork, come and talk to us! We're here to help.

**3. Fill in the Blanks**   
Ready to go? Complete our straightforward application form.

**4. The Short Wait**   
Once you hit submit, our Board of Trustees will review your application.

**APPLY NOW**

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

## FROM STREAM TO SCHEME: LEADING THE NET-ZERO CHARGE

The world is shifting and those who adapt and innovate will be the ones to lead the way.

# 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



Supporting Sustainable Travel

### 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 27 NOV	<b>BURRELL COLLECTION-POLLOK COUNTRY PARK</b> Depart: 9.30am - 10.00am Admission: Free
FR 25 NOV	<b>HEXHAM / HADRIAN'S WALL / HALL WHISTLE</b> Depart: 8.30am - 10.00am
FR 19 NOV	<b>CULZEAN CASTLE AND COUNTRY PARK</b> Depart: 9.30am - 10.00am Admission: £22 (Cash/DBS/500 Park & Cars only) £16 (Cash/DBS) NTS members free
FR 12 NOV	<b>KESWICK</b> Depart: 8.30am - 10.00am
FR 05 NOV	<b>PORTPATRICK / GLENMANN GARDENS / DENKAYT</b> Depart: 9.30am - 10.00am 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 centre, Moniaive. Shopping at Dunrobin 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

## 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



### HAVE YOUR SAY

#### THORNHILL ACTIVE TRAVEL

WEDNESDAY 25<sup>th</sup> MARCH 4 -6pm

DRUMLANRIG VIEW COMMUNITY LOUNGE

### QIGONG -

#### TASTER SESSIONS

Penpont times now changed from 7pm to start at 6pm Contact Leah: 0770 818 88 60 Or lookeeleah@gmail.com



EarthFlow  
QIGONG

An Ancient and Beautiful Art combining:  
Movement, Breath work, Meditation,  
Visualisation and Rhythm.

Learn a simple and effective daily routine with

Leah Light

to clear away energy blocks that can be the root cause behind:

Pain, Stiffness, Illness, Sleep Issues, Fatigue  
and Premature Aging.

SUITABLE FOR ALL AGES AND ABILITIES

BEGINNERS WELCOME

£10 DROP IN/ £5 BLOCK BOOKING

FIRST SESSION FREE!

MONAIVE INSTITUTE 12-1 PM FRIDAYS

KEIR MILL VILLAGE HALL 10-11 AM SATURDAYS

PENPONT GLADSTONE HALL 6-7 PM MONDAYS

For more Information and to Book Contact Leah

lookeeleah@gmail.com (Subject:Qigong) / 0770 818 88 60

FaceBook Leah Light

Instagram Leahlight13



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FaceBook Leah Light

Instagram Leahlight13

### NITH LIFE

at THE BRIDGE,

TUESDAY 31 MARCH - 6pm

## THORNHILL ACTIVE TRAVEL

*What is happening to Boat Brae?*

**Boat Brae Closure  
Public Consultation**

Drumlanrig View Community Lounge

Wednesday 25<sup>th</sup> 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](mailto:hello@oldschoothornhill.com)

Post: Thornhill Active Travel Group

c/o Old School Thornhill, Station Road

NithLifeinvitestojoinustolearnabout



# Beavers

## as ecosystemengineers

### and can theyhelp store large amounts of carbon?

## at The Bridge 31st March at 6pm

This event is ticketed. Please reserve  
your spot [here](#) or use the QR code



**Speakers Patrick Cook and Emily  
Simpson  
from Faculty of Natural Sciences of  
Stirling University.**

Nith Life is a registered charity SC053508



**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

(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](mailto: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](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

# BRIDGEND COMMUNITY GARDEN



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

Come on down to the garden and help to sow our seeds and get growing!

**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.

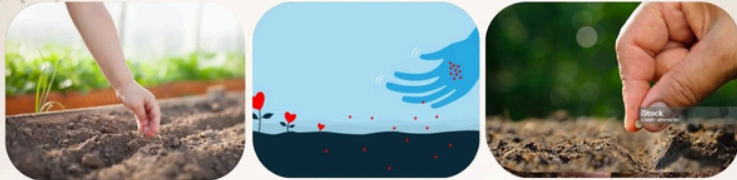
All Welcome!

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

## BRIDGEND COMMUNITY GARDEN DATES FOR YOUR DIARY



### 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.

The weather is looking good for tomorrow, (Saturday 21st March) why not pop down to the polytunnel from 10.30am if anyone is available to help?

There is also a pop bicycle repair cafe at the Gladstone Hall until 3pm. You don't need a bike to attend! There is a table top sale, food and activities for the kids. Why not start at the garden and make your way up to the hall afterwards!! Look forward to seeing some of you tomorrow.



### 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.

**ALL WELCOME!**

## UPDATES FROM THE CAFÉ



Just a wee reminder that Friday Night Tea Time is taking a break this week, but we are already taking bookings for next Friday! All your Three Villages favourites will be back as usual.

We are also delighted to launch our **Easter Sunday Dinner Menu!** It's the perfect way to celebrate with the family, so don't miss out.

**To book your table:**

Call us on **01848 331073**

Email [threevillagescafe@gmail.com](mailto:threevillagescafe@gmail.com)

Or just pop in and see us!"



**CAFE**  
THREE VILLAGES

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](mailto:threevillagescafe@gmail.com) or  
BEST OF ALL, POP IN AND SEE US!



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](mailto:threevillagescafe@gmail.com)  
or phone 01848 331073

### Ever wondered how a small click makes a big difference?

As a community-run café, we rely on word-of-mouth to keep our doors open and our kettles whistling. When you '**Check In**' on Facebook during your visit, it's like giving us a friendly shout-out to all your neighbours!

#### Why check in?

It helps local folks find us for the first time.

It shows the world that our café is a busy, vibrant hub.

community It's the easiest (and free!) way to support your local Three Villages spot.

Next time you're in for a brew or a blether, pop a quick check-in on your phone. We'd love to see your photos, too!

Thank you for being the heart of the Three Villages Community Cafe. **See you soon!**

# Easter Sunday Menu



5<sup>th</sup> April from 12 noon



## Starter (£5.00)

Soup of the Day, served with a bread roll

OR

Garlic Mushrooms, served with brown toast

## Main Course (£9.00)

Roast Pork, sage & onion Stuffing, apple sauce

OR

Spanakopita (Greek veg, feta & filo pie)

both served with potatoes and vegetables

## Dessert (£5.00)

Easter Cheesecake

OR

Raspberry Roulade

both served with cream or ice-cream

2 Courses - £13.50

3 Courses - £18.00

Contact us to book a table- tel. 01848 331073, email [threevillagescafe@gmail.com](mailto:threevillagescafe@gmail.com), or call in.  
[www.kptdevelopmenttrust.org](http://www.kptdevelopmenttrust.org)

