



# 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**  
**Take Away 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.

## A MESSAGE FROM YOUR THREE VILLAGE COMMUNITY CAFE CREW: Why We Need Your Support Now More Than Ever!



For the past few years, the Three Villages Community Café has been more than just a place to grab a coffee; it's where we catch up with neighbours, celebrate milestones, create opportunities and find a friendly face and a listening ear. Today, we are reaching out to you with a heartfelt plea to help us keep our doors open.

### The Reality of Today's Hospitality Trade

Like many independent cafés across the country, we are facing an unprecedented "cost of doing business" crisis. Despite our best efforts to remain a budget-friendly community space, several external factors are putting immense pressure on our ability to serve you:

Continued on Page 2.



Telephone: 01848 331435



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



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

- **Increased Energy Costs:** Increased energy rates impact small community cafés by significantly raising their operational costs
- **Supply Chain Inflation:** The price of core ingredients—including coffee, beef, and dairy—remains high due to global supply issues.
- **Rising Wage & Tax Bills:** each financial increase mean that even a busy day doesn't always cover our fixed expenses.

### **How You Can Help**

We are determined to remain a cornerstone of our three villages, but we cannot do it alone.

You don't always have to spend a lot to make a big difference:

- **Choose Local:** Every cup of tea or slice of cake you buy directly supports our staff and keeps our lights on.
- **Spread the Word:** If you can't visit this week, please like and share our posts online. A positive review or a recommendation to a friend is incredibly valuable.
- **Consider Us for Events:** Think of us for your next meeting, club gathering, or celebration. Consistent bookings are our lifeline.

Research shows that nearly 70% of people believe local hospitality is vital for their community's social life. We want to be here for the long haul, continuing to provide a warm, safe space for everyone.

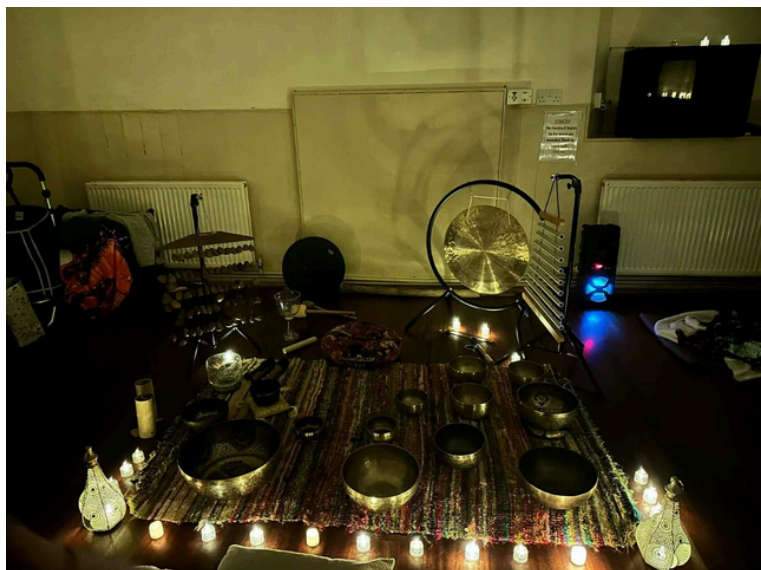
**Thank you for being part of our story. We hope to see you soon.**

**With love and gratitude,  
The Three Villages Cafe Crew**



## RURAL HEALTH AND WELLBEING

We thought that we would share these recent images of our Sound and Relaxation by Candlelight sessions. These sessions have been held in The Gladstone Hall and are open to all residing in the Keir, Penpont and Tynron community council area and to those from the wider DG3 community. Hopefully, you agree that these photos do look lovely. If you haven't managed to attend a session yet and would like to, please get in touch.



While feedback has been highly individualised to each participant's journey, each of the sessions delivered to date, have very much led to expressed universal benefits experienced by all those attending, including improved sleep.

**DATES FOR THE DIARY**

**TYNRON PARISH HALL PRESENTS**



**O Brother, Where Art Thou?**  
SATURDAY 7<sup>TH</sup> MARCH DOORS OPEN 7PM

**£5 PER TICKET**  
**BRING YOUR OWN BOTTLE**

A family friendly comedy, with an excellent soundtrack!

Light supper will be provided during interval...

To book your seats please email [tynrnshall@tynrn.org.uk](mailto:tynrnshall@tynrn.org.uk)



**POP-UP CYCLE REPAIR CAFE**  
**SATURDAY, 21 MARCH**  
11am - 3pm  
The Gladstone Hall

Free Bike Safety Check & MOT  
**Dr Bike** & Children's Activities

Food & Soft Drinks

**TABLE TOP Sale**  
Table £5.00

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




**CAIRN VALLEY COMMUNITY TRANSPORT**

**EXCURSIONS**  
Spring/Summer 2026

FRI 27 MAR	<b>BURRELL COLLECTION/POLLOK COUNTRY PARK</b> Depart: 9am Fare: £11 Admission: Free
SAT 25 APR	<b>HEXHAM/HADRIAN'S WALL/HALTWHISTLE</b> Depart: 8.30am Fare: £13
FRI 15 MAY	<b>CULZEAN CASTLE AND COUNTRY PARK</b> Depart: 9am Fare: £8 Admission: £22 (Conc £16.50). Park & Gardens only £16 (Conc £12). NTS members free
FRI 12 JUN	<b>KESWICK</b> Depart: 8.30am Fare: £13
FRI 10 JUL	<b>PORTPATRICK/GLENWHAN GARDENS/DUNRAGIT</b> Depart: 9am Fare: £10 Garden admission: £9 (Conc £7).

**TO BOOK: Phone Mon-Fri 01387 820869 [bookings@cvct.org.uk](mailto:bookings@cvct.org.uk)**  
Children under 9 go free, 9-17 half price  
Leave times are from the cross, Moniaive. Stopping 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](http://www.cvct.org.uk)

**moniaive FLOWER SHOW**

*Soup and pudding afternoon*

**Price £6**



**Tynron Village Hall**  
**Saturday 28 March • 12 – 2pm**

## SAVE THE DATE

Companies House Reg: SC592235

OSCR Reg No: SC05098



*KM Rally*  
**2026**

**Cycling  
Camping  
Catering  
& more...**

**22 - 25  
MAY**

Penpont  
Dumfries & Galloway  
DG3 4BP

A full weekend of great and varied cycling routes around the birthplace of Kirkpatrick MacMillan, inventor of the first pedal bicycle.

KPT Development Trust are excited to be hosting The KM Rally over the May Bank Holiday weekend once again this year.

We have now gone live with bookings!

We are still confirming the led bike routes and aim to publicise these soon.

Watch this space!

We have confirmation that the very much looked forward to and celebrated Sunday Keir Cake Raid will be hosted by the Keir Village Hall Committee.

We have The Roving Pedlar's back again this year for you to Ceilidh the Saturday night night away.

We will also be hosting our new Outdoor BBQ!

## SAVE THE DATE!

To register your interest or for further information  
email: [info@kptdevelopmenttrust.org](mailto:info@kptdevelopmenttrust.org)  
telephone: 01848 331 435

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

# VOLUNTEERS NEEDED

As this event is growing year by year there will be a number of volunteering opportunities available.

We will be looking for people to meet and greet and generally help people to find their way around,

If you'd like to assist with a led bike ride then please get in touch.

Keir Village Hall Committee are mighty bakers but they are few in numbers - so any help will be greatly appreciated towards baking and or helping with the BBQ or Ceilidh.

If you are interested in volunteering please get in touch with Michelle J.



**KM RALLY 2026**  
*KM Rally*  
**2026** **CEILIDH**

**Ceilidh at Keir Village Hall  
&  
Outdoor BBQ  
ALL WELCOME**

**SATURDAY  
23 May  
2026**



**SAVE THE DATE  
Tickets Available Soon!**



we are cycling  
UK  
in Scotland



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

E mail [info@kptdevelopmenttrust.org](mailto:info@kptdevelopmenttrust.org)



01848 331435



**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



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

Come on down to the garden and help us get a new tarpaulin up on the chicken run.

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 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)



Our Thursday Group added an instant splash of Spring time colour this week by planting up the raised bed at the bin with a variety of primrose and primula. Hopefully, our four legged friends will decide to stay off the bed! We are aiming to make this space more colourful and welcoming as the entrance to the community garden.

Jobs for **The Saturday Garden Group** include cleaning out the hens, washing the polytunnel and removing the moss from inside & adding new compost to the polytunnel beds. Also identifying and taping up any leaks on the polytunnel skin. Also checking through the seed collection we have and going over the planting plan for 2026.

**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...





## UPDATES FROM THE CAFÉ



**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



### Ditch the Dishes & Join the Club!

Why cook when the weekend is calling? End your week the right way at the Three Villages Cafe in Penpont! Whether you're a local regular or just passing through after a Friday stroll, our Friday Night Teatime Club is the ultimate community hangout.

### Funky Flavours & Friday Favourites

From our legendary homemade pies to seasonal "Teatime Specials," we're serving up wholesome, hearty goodness that tastes like home (but without the washing up!).

Where: Main Street, Penpont

When: Friday evenings! Kitchen opens at 5:15 PM

Last Orders: 7:00 PM sharp—don't be the one who missed out!

### 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 every time they visit the café and once they pay their bill. 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 cafe's turnover of the previous month and drawn on the 15<sup>th</sup> of the following month.

Main Street, Penpont DG3 4BP  
 Tel -1848 331073 email: [threevillagescafe@gmail.com](mailto:threevillagescafe@gmail.com)  
[www.kptdevelopmenttrust.org](http://www.kptdevelopmenttrust.org)



• H A P P Y .

# Mother's Day

*Sunday 15 March from 12 noon*

## MENU

### APPETIZER (£5)

*Soup of the Day served with a roll*

*Melon with Ginger*

*Prawn cocktail served with brown bread & butter*

### MAIN COURSE (£9.00)

*Pot Roast Beef & Yorkshire Pudding*

*Grilled chicken Breast with Pesto Butter*

*Savoury Vegetable Crumble (V)*

*all served with potatoes & vegetables*

### DESSERT (£4.50)

*Rhubarb & Custard Tart*

*Warm Chocolate Fudge Cake*

*Raspberry & Cardamon Cheesecake*

*all served with cream or ice-cream*

