



BULLETIN

MUCKMEDDEN

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: Bulletin Day
 Friday: 10:00 - 4:00

Wellbeing Wednesdays

11:00 am - Stroll in the Park
 12:00 - Special £5 Lunch
 1:00 pm - KPT Craft Circle

Thursday

2-4pm Gentle Garden Group
 4-6pm Thursday Night Tea
 Time - Meals starting at £2.50

KPT COMMUNITY BENEFIT
FUND

(COMMUNITY HYDRO
DIVIDEND)

APPLY NOW!

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

WHEEL, WALK & WELLBEING WEEKEND
SATURDAY 12 & SUNDAY 13 SEPTEMBER

**JOIN US FOR A WEEKEND
OF WHEEL, WALK, &
WELLBEING!**

SATURDAY 12, SEPT 2026

MUCKMEDDEN PUMP TRACK, DR BIKE,
BIKE SECURITY MARKING,
COMMUNITY SAFETY TEAM,
REPLICA VELOCIPEDE,
TRY OUT E-BIKES / E-TRIKE; SHIATSU,
ALL THAT RESONATES SOUND THERAPY,
AFRICAN DRUMMING, HAYJAVU CRAFTS,
GAMES; KIDS CORNER
SMOOTHIE BIKES; FOOD & MUSIC
11am - 4pm

SUNDAY 13, SEPT 2026

HERITAGE WALK - LEAVE GLEBE FIELD 10:30AM
 TYNRON DOON HILL WALK - LEAVE TYNRON VILLAGE HALL 11AM
 ACTIVE TRAVEL PATH - SNAIL TRAIL - LEAVE GLEBE FIELD MIDDAY
 SUNDAY AFTERNOON FOOD EVENT - CHURCH HALL 1:30PM

THE GLEBE FIELD, NR CHURCH HALL, PENPONT
 FREE FUN FOR ALL THE FAMILY



Telephone: 01848 331435

Email: info.kptdt@gmail.comWebsite: www.kptdevelopmenttrust.org

WHEEL, WALK & WELLBEING WEEKEND

Join us for our community celebration



built around active travel, rural health & wellbeing, rural heritage and family participation

Saturday, 12 September: Wheel & Wellbeing Day 11:00am - 4:00pm

This day is designed around active travel and wellbeing. Cycling and Road Safety: The cycling activities are intended to encourage confidence and participation in cycling: Muckmedden Pump Track gives children and adults a chance to ride a temporary skills course. Dr Bike provides free bicycle checks and minor repairs.

Police Scotland and Community Safety Team offer safety advice and security marking.

Smoothie Bikes combine physical activity with healthy eating by letting participants power a blender through cycling.

Wellbeing Activities: Our activities focus on relaxation and mental wellbeing:

All That Resonates Sound Therapy offers guided sound healing and relaxation.

Davie Hall, Shiatsu provides Japanese bodywork therapy sessions (2pm onwards in the Church Hall). African Drumming brings a social and energetic group activity encouraging participation and connection (2pm onwards in the Glebe Field at the Sound Therapy/Drumming Area).

The inclusion of sound therapy is part of KPT's wider wellbeing programme.

Heritage Element: The Replica Velocipede borrowed from Dumfries Museum on display at The Church Hall adds a historical cycling dimension to the event.

Sunday, 13 September: Community Walking Day

Sunday builds on the same themes but shifts focus from cycling to walking, local history and community connection.

Our event offers three distinct walks:

1. Heritage Walk - (Leaving from the Glebe Field 10:30am)

Led by Mizzy and Michelle, Explore 1,000 years of local history on a scenic, informative journey through time. Duration & Distance: Approx. 3 hours | 9km (5.5 miles) Terrain: Mostly flat Active Travel Path (ATP), a short field section, and a minor road. Dogs: Allowed but must be kept on a lead and under control at all times. Gear: Sensible shoes and a waterproof jacket are recommended. Please bring a water bottle.

2. Tynron Doon Walk - (Leaving from Tynron Village Hall 11:00am - Car Parking Available)

Conquer the historic hill fort and take in the views. All abilities are welcome—do not worry if you feel you might be slow, as the group will stay together. Meeting Point: Tynron Doon Village Hall Age Limit: Suitable for ages 14 and over. Terrain: Rough terrain with short, steep, mainly grassy tracks. Bonus Gear: 5 sets of Nordic Walking Poles will be available to try out! Logistics & Parking: Parking is available at the hall. Walkers are encouraged to car pool. KPT Development Trust has two spare seats available in a vehicle—please get in touch to book a spot. Dogs: Allowed but must be kept on a lead and under control at all times. Gear: Strong, sensible footwear, waterproofs, and a water bottle are advised.

3. Snail Trail Walk & Talk - (Leaving the Glebe Field at Midday)

Come and help us to create our 'Snail Trail' initiative, which aims to foster a sense of community ownership encouraging local children and families to feel a sense of community ownership and connected to the Active Travel Path infrastructure.

The groups will meet back up at approximately 1:30 PM at The Glebe Field & The Church Hall to share food served up by the Three Villages Cafe and socialise together.



KPT Development Trust Seeks New Directors

Join us to help make a difference!

We have a clear, actionable plan to continue to build a resilient and thriving community over the next three years:

- Completing the Active Travel Path to make walking, wheeling, and cycling safer and easier for all.
- Develop our community housing project to provide affordable, high-quality living spaces for local people.
- Expand local health and wellbeing activities to keep our community connected, active, and supported.
- Work to improve access to healthy, affordable, and sustainably produced food right on our doorstep.
- Investigate innovative community energy networks to lower carbon footprints and secure affordable power for the community.
- Work hand-in-hand with neighbouring local organisations to share resources and maximise our collective impact.
- Continue to strengthen the Trust's own infrastructure to ensure we have the solid foundation needed to deliver.

To find out more come along to one of our open evenings in
the Three Villages Café

on THURSDAYS 24th Sept or 1st Oct between 6pm and 8pm or

contact the office

KPT Development Trust, Main Street, Penpont, DG3 4BP

Tel. 01848 331435 email chair@kptdevelopmenttrust.org



The KPT Development Trust is dedicated to empowering the villages of Keir, Penpont, and Tynron to become more sustainable, enterprising, and community-led. By working on the actions listed overleaf, the Trust ensures that the future of these rural communities is shaped entirely by the people who live here.

Becoming a Director offers you a unique opportunity for personal growth and development. Whether you want to develop new skills, apply your existing professional experience to fresh challenges, and directly benefit a cause you care about, this role allows you to make a lasting, positive impact on the community.

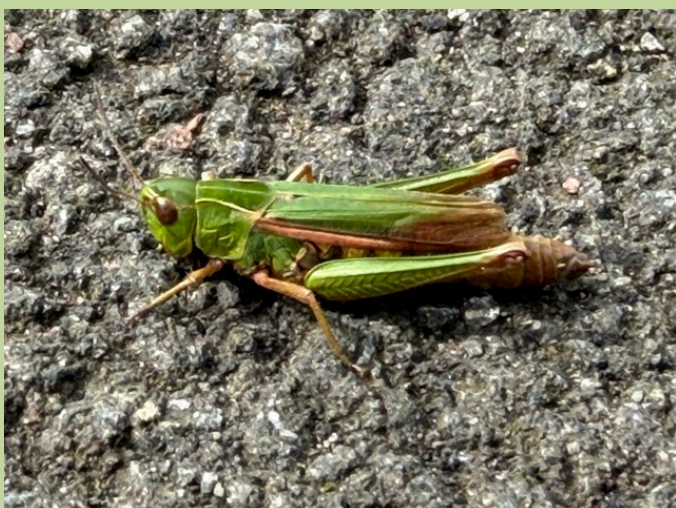
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BEHIND THE LENS: MEET LOUISE KERR



We have some wonderful news to share with the KPT Community! The incredibly talented Louise Kerr has kindly volunteered to become our regular monthly photographer for Michelle J. Each month, Louise will be capturing the beautiful, ever-changing diversity of nature and wildlife along our Active Travel Path. Her camera will help us document and celebrate the vibrant ecosystem right on our doorstep. Many of you likely already know Louise. She lives in Cample and is a familiar, friendly face on the path, usually seen walking with her dad and Poppy—her beautiful, soft, and silky Collie dog. For her very first monthly feature, Louise has turned her focus toward the smaller wonders of our world: insects! We think her photos are absolutely stunning, capturing a level of detail we often walk right past. We hope you enjoy this beautiful glimpse into the path's mini-beasts as much as we do! Keep an eye out for Louise and Poppy on the path, and stay tuned for her next monthly update.



This insect is a Common Green Grasshopper (*Omocestus viridulus*), a widespread species native to Europe and the British Isles.



This insect is a Common Field Grasshopper (*Chorthippus brunneus*), one of the most widespread and common grasshopper species found across the UK and Europe.



This insect is an Elephant Hawk-moth caterpillar (*Deilephila elpenor*), a famously large and dramatic larval species native to the UK and Europe.

PICK UP A PICNIC - PILOT PROJECT

Coming Soon!

Get ready to stay active as the autumn arrives with our new 'Pick Up a Picnic' pilot project! Launching soon to celebrate Travelwise Week, this exciting initiative is supported by the Dumfries and Galloway Regionwide Community Fund to help motivate everyone to keep moving and healthy as the season changes from summer to autumn.




Pick Up A Picnic with your E-bike Hire

Available **FREE** to residents within the DG3 postcode area aged 14 and over (subject to availability)



TO BOOK: Book via JotForm available at www.kptdevelopmenttrust.org or email info@kptdevelopmenttrust.org
For further information contact: KPT Development Trust office on **01848 331 435** or Three Villages Cafe on **01848 331073**




FREE PICK-UP A PICNIC!



Eco-Friendly Adventures with the Be Active Project

Fuel your ride and support your local community! To help encourage low-carbon local tourism, we are offering free, fresh picnics to power your next bike or E-bike journey. Grab a delicious packed lunch made from surplus community food to help reduce food waste, protect our beautiful local environment, and experience the Active Travel Path and enjoy a sustainable day out on two wheels.

Come along, explore our stunning local landscapes, and enjoy a greener way to travel!

Proudly Partnered With: The Three Villages Café
Days: Thursdays & Saturdays
Time: 10:00 AM – 1:00 PM (Or until baskets are empty!)
Collection Point: The Three Villages Café, Main Street
Cost: Completely FREE!

How It Works:

Bring or Book Your Bike: Bring your own wheels or book one of our E-bikes via the JotForm at www.kptdevelopmenttrust.com. Perfect for anyone up for exploring their very own local low-carbon adventure!

Book & Pick Up Your Picnic: Reserve your free picnic online via our JotForm, then swing by the Three Villages Café to collect your freshly packed lunch.

Pedal & Enjoy: Head out to your favourite local spot, soak in the experience, and enjoy your day to the full!

This Be Active project initiative is generously funded by the Dumfries & Galloway Regionwide Fund and the Community Benefit Fund.

Spaces and food are limited, so book your E-bike and picnic online today!

Don't forget to support the café by grabbing a hot drink before you head out (not included in the free deal).

Booking is available via JotForm at www.kptdevelopmenttrust.org

DATES FOR YOUR DIARY!



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



THORNHILL YOUNG FARMERS SPONSORED MARATHON WALK

• WALKING FOR BETTER MENTAL HEALTH •

We're walking a marathon **26.2 MILES** to raise vital funds for SAMH, Scotland's mental health charity.

13TH SEPTEMBER



Raising money for **SAMH**
Scottish Action for Mental Health
For Scotland's mental health

SPONSOR US. SUPPORT US.



Tynron Community Tidy

Sunday 27th September
11am to 12.30pm

Harvest Lunch afterwards, in the Hall

All Welcome





A big THANK YOU to Murray Farmcare in Dumfries for their kind and generous donation of autumn veg plants to our community garden! 🌱 🥕 🍅 Your support helps our garden grow, and we are so grateful for your commitment to our community. We can't wait to see how we get on with these and hope for our garden to still be producing food over the weeks to come.

Just a reminder that our **Saturday Garden Group** - is still running from **10:30 - 12:30**. Our **Gentle Garden Group** usually runs on a Friday from **14:00 - 16:00** - only Michelle J. will possibly still be setting up for our Wheel, Walk & Wellbeing Weekend up at The Glebe Field,

PLANT OF THE WEEK Celebrating Our Aubergine Success!

Step inside our polytunnel this week and you will spot a truly special milestone: our chosen Plant of the Week! Think vibrant purple flowers and matching purple fruit.



We are utterly delighted to have experienced some fantastic success with an aubergine plant this growing season, and we are all watching this one very closely. While we are incredibly proud to see these beautiful purple blooms and the subsequent fruit growing, this success highlights something even bigger. We can't stress enough that while our community garden is a brilliant growing space, it is about so much more than just growing food or keeping our community chickens. It is about fostering deep community connection and cohesion. This garden allows everyone who explores, experiences, and enjoys the space to grow together in learning, confidence, skills, and lifelong friendships. If we manage to produce some delicious, edible food along the way, that is simply the ultimate bonus!



SAVE THE DATE!

Don't forget Friday Night Tea Time Club is on this week! & SAVE THE DATE for Curry Night!



FRIDAY NIGHT TEA
TIME CLUB
DATES

Fri 11th September

Fri 18th September

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!



Curry Night
SAT 26 SEPT 26
7.00pm

STARTERS
Mulligatawny Soup
Vegetable Samosas
Spicy Mango Salad

MAIN COURSE
Lamb Curry with Special Rice
Chicken Tikka Masala with Rice
Thai Crispy Rice Salad (V)

All served with flatbread, yogurt & mango chutney

DESSERT
Spiced coconut rice pudding with aromatic poached pears
Mango Lassi with cardamon biscuit
Kulfi pistachio ice cream

£25 or
2 Courses (incl tea or coffee) £19
B.Y.O.B.

Contact us to book a table- tel. 01848 331073
email threevillagescafe@gmail.com, message us on Facebook
or call in

Behind the Bulletin: Celebrating Our Inspiring Youth

Michelle J. has been using the weekly updates in the KPT Bulletin to introduce our fantastic young café crew because they are the living heartbeat of what community truly means. These recent features celebrate the very people making it all happen on Main Street. Beyond serving great food, our space is a dedicated wellbeing hub and a zero-waste environment, but its proudest mission is serving as a launchpad for local youth. By sharing their stories, Michelle J. connects the wider community directly with the inspiring young people gaining their very first work experience here, showcasing how every cup of coffee helps build local careers and a stronger, more connected and cohesive community for all of us.



Meet Autumn Archibald (Age 14)

Autumn is one of our dynamic young people and a truly key member of our crew at the Three Villages Cafe, who also gives her time volunteering at Old School Thornhill. As a hard-working pupil at Wallace Hall Academy, she brings incredible warmth, energy, and a welcoming smile to everything she does. Autumn thrives on social connection, turning every shift and volunteer hour into an opportunity to forge meaningful local friendships. Her genuine love for serving others and getting to know our diverse community members makes her a vital asset to both teams and a true local inspiration.