



# Kinross Newsletter

Founded in 1977 by Kinross Community Council  
Published by Kinross Newsletter Limited, Company No. SC374361

All profits given away to local good causes by The Kinross Community Council Newsletter, Charitable Company No. SC040913

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Founding editor,  
Mrs Nan Walker, MBE

ISSN 1757-4781  
Issue No 484

May 2020

## DEADLINE for the June Issue

5pm,  
Friday 15 May 2020  
for publication on  
Saturday 30 May 2020

## Contributions for inclusion in the Newsletter

The *Newsletter* welcomes items from community organisations and individuals for publication. This is free of charge. (We only charge for business advertising – see below right.) All items may be subject to editing and we reserve the right not to publish an item. Please also see our Letters Policy and Notes on page 2. Submit your item (except adverts) in one of the following ways:

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(all emails will be acknowledged)

### Post or hand in to:

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**Advertising** Julia Fulton   **Treasurer and Subscriptions** Ross McConnell   **Distribution** David Anderson

# Editor's Page

Cover photo: Emma Cheape Cover Design: Lee Scammacca of Cree8.

## Letter from The Editor

I had a phone call from my nephew this week, asking me questions about how I was feeling about the lockdown. The answers were to go into a time capsule, part of a project run by his primary school. I wonder how many copies of the *Kinross Newsletter* will find themselves placed into time capsules this month, as part of the historical record of this strange time that we are living through.

I suspect my answers to his questions were much like anyone else's. I miss my family and friends, I miss the freedom to go wherever I like, and I miss social events. Don't we all?

But I am one of the lucky ones. I can work at home, and there are many other things I am thankful for. I am enjoying the birdsong, which I can't believe has ever been this loud. I am grateful to live within walking distance of the loch and to be able to enjoy beautiful Kinross-shire in the spring. And I am grateful to live in a place where the community has pulled together to help those in need. If you can't go out to see the rainbows in the windows, the *Newsletter* has brought some of them to you (see p14-15). There is a picture quiz on p89-90 which may exercise your memory or your legs, depending on your situation.

Not only are Kinross-shire residents being kind to each other and especially those who are self-isolating and need assistance, they are being enterprising, resourceful and resilient. They are manufacturing PPE for key workers, finding ways to raise money for the local foodbank (did you know Spiderman had been to Kinross?) and there is even a 'Blether Line' available for those who just want a friendly chat. Organisations such as Kinross Kindness and the Crook of Devon Resilience Group have sprung up to provide much needed help to those who really need it.

Thanks to all who are working hard to make sure Kinross keeps going for all of us – not only our wonderful NHS staff but our shop workers, school staff, care workers, delivery drivers and of course the army of local volunteers who are working tirelessly to get us through this crisis.

In the meantime, wash your hands, and stay safe.

*Hannah Phillips, Editor*

**ALL LOCAL EMERGENCY  
CONTACT DETAILS  
ARE IN OUR NOTICES SECTION**

### Note to Contributors

A great deal of the Newsletter comprises reports supplied by local clubs and other organisations. These reports are accepted in good faith. Clubs etc should ensure that reports are factually accurate and do not contain material which could cause legal proceedings to be taken against the Newsletter.

### Letters Policy

Senders must supply their name and address, which will be published with the letter. Letters should be truthful and not contain matter which could cause legal proceedings to be taken against the Newsletter. The Newsletter does not necessarily agree with any of the views expressed on the letters or indeed other pages. In special circumstances addresses may be withheld from publication on request (but must still be supplied to the editor).

### Note to Readers: Advertising

Inclusion of advertisements in the Newsletter does not imply any particular endorsement or recommendation of services or companies by Kinross CC or Kinross Newsletter Ltd.

### Abbreviations

PKC: Perth & Kinross Council	CLlr: Councillor
CC: Community Council	CCllr: Community Councillor

## About the Kinross Newsletter

The Newsletter has been informing and supporting the community for over 40 years.

It began as a way of letting residents know what Kinross Community Council was saying and doing, but soon expanded to be so much more.

Readers use the Newsletter to find local trades and services, and our loyal advertisers support the community by enabling us to publish local clubs' reports and essential community information free of charge. Readers, when answering an advertisement, please say you saw it in the Newsletter. Thank you.

The Newsletter is published by Kinross Newsletter Limited (company no SC374361). Any profits are transferred to charitable company Kinross Community Council Newsletter Limited (charitable company SC040913) to be given away to local good causes.

## Thanks



Big thanks to **LEWIS MACPHERSON** (above) who shaved his head to raise funds for Broke Not Broken. He raised £370 which is incredible, and we are very grateful. Well done Lewis.

**JIM AND MAUREEN GIVEN** of Milnathort would like to express thanks for the lovely cards and flowers received on the occasion of their Diamond Wedding.

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## Congratulations



Congratulations to **EMILY & DAVID COLLIAR**, of Crossgates on the birth of their son Angus John on 18 April 2020. First grandchild of Willis and David Colliar, Kinross and Patricia and Mervyn McNeil, Lochgelly.

Anne and Geoff Douglas want to congratulate their daughter **CLAIRE DOUGLAS**, who has just been accepted onto the Doctorate in Clinical Psychology at Teeside University. Claire attended both Kinross Primary and High Schools then achieved a Masters degree from Aberdeen University. She currently works as an Assistant Clinical Psychologist at Aberdeen Royal Infirmary.

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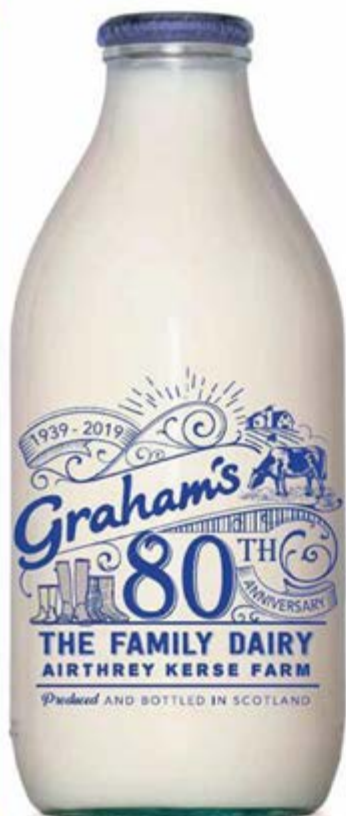
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# Letters

## Fly Tipping

I recently wrote to Perth and Kinross Council regarding fly tipping. I was advised that because the waste I reported is on privately owned land, that I should contact the land owner as the council is not able to remove items from private land.

I was very disappointed with this response. My guess is that the great majority of fly tipping involves abandoning rubbish near rural roads and therefore, almost inevitably 'on private land'. It seems extraordinary to me that the council considers it acceptable to (a) express no interest in solving the problem and (b) ask me to deal with it by contacting the landowner.

I have no idea who owns the relevant land (something the council is well able to establish via the Land Register) and, as I said in one of my earlier emails, I am hugely confident that the landowner would be only too happy to give the council permission to recover the fly-tipped waste.

While there is no excuse for anyone to fly-tip waste in any circumstances, it seems that this is an issue that we will see more of – the issue is being highlighted in the media right now as an escalating problem, due to the closure of council



Pic: Jenny Beveridge

recycling centres during the covid-19 pandemic. If the council maintains its current approach, we can all look forward to seeing more waste being abandoned in our countryside.

There is an obvious logical nonsense here in that if a rural landowner discovers fly-tipped rubbish on their land, their ability to dispose of it is seriously and perhaps fatally undermined by the fact that council recycling centres and tips are closed, apparently due to the Covid-19 pandemic.

If our supermarkets are able to develop a strategy for safely accommodating socially-distanced customers, why can't our council work out a similar plan for their facilities? I have written to Councillor Robertson to express my views and look forward to his comments.

Alex Montgomery  
Hollies, 41 High Street, Kinross

[ED: You can find Cllr Robertson's column on p20].

## Thank You Kinross Kindness!

I am sure you will receive lots of thank yous from the older generation for the help we have received from Kinross Kindness and also other volunteers. I would specially like to thank Sam Leonard from Kinross Kindness who has been a wonderful help to me, despite her being a busy wife, mum and dog and cat minder. Sam is fairly new to Kinross but has already proved her worth to the community.

Gwynneth Clayton (Mrs), Milnathort

## Car Parking

I am disappointed to see a photo of my car parked, what appeared to be, over two spaces in the Co-op car park in last month's *Newsletter*. As we all know photos can easily be misunderstood, as is the case here.

Most of the parking spaces in the Co-op car park measure 227cm across. (The recommended width of a parking space in the UK is 240cm wide). However, the space to the left of the car in the picture is only 182cm wide, the car itself is 195cm in width so the car, and indeed most cars, wouldn't fit in the space. The space to the right in the picture is only 217 cm wide, also not big enough to park the average car and open the doors. In fact if two cars parked side by side in the two spaces there would be less than 9cm (3.5 inches) between them to open the doors.

My disappointment isn't so much with the photographer as she obviously didn't realise the two spaces were 20% smaller than the recommended size but with the *Kinross Newsletter*. Space in the *Newsletter* is at a premium, is this newsworthy?

Name and address withheld

## MP Column

I agree with Iain Dale's letter in the April *Newsletter* and hope that John Nicholson will take note and will adjust his column content accordingly.

I appreciate he will probably not have seen the letter before writing his April column but the events he relates seem to deal with his time as MP for East Dumbartonshire and thus I suspect are of relatively little interest to his Kinross-shire constituents. However, names dropped and ego preened, no doubt Mr Nicholson was impressed with his article even if many of his constituents are not.

Fortunately, Fossoway CC minutes tells us what he has been doing with the Bank of Scotland. Perhaps he has also been house hunting in the constituency,

I have no wish to join a Scottish National Party (or indeed any other political party) e-mailing list to find out what he has been doing; I would expect far more proactive action on his part to communicate his activities to his constituents.

John Embrey  
Nimrod House, Muckhart, Dollar

## DO YOU HAVE A STORY?

If there's something you think people should know, then email us in strictest confidence:

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## Kinross Kindness To The Rescue!

### Coronavirus in Kinross

**JUST OVER FIVE WEEKS AGO** as Covid-19 and lockdown started becoming a reality, Kinross Kindness was born. It all started when local resident Felicity Hunter suggested helping those who were self-isolating and unable to collect prescriptions and groceries. Tim Mart stepped up to get the wheels in motion and was joined by Sam Leonard, Wendy MacDonald, Shona Fowler, Kerry Scott and Melissa Warren.

Within a week there was a growing presence on social media, a local phone line was set up, and the group liaised with local businesses to allow over-the-phone payments for groceries and other essential goods. A growing team of volunteers joined in to man the phones and collect and deliver prescriptions and groceries to those that would request support.

They went on to create a dedicated 'Blether Line' that people can call if they are feeling lonely, looking for some advice or just want a chat. The group have delivered thousands of Kinross Kindness leaflets to households in Kinross-shire. A fundraiser was set up with a target of £3000 to support those in the local community that might need a little extra help via Broke Not Broken, who are receiving all the money that is raised.

Kinross Kindness has grown and gone from strength to strength. At the end of their first month they have received over 550 phone calls, and collected and delivered 165 shopping requests, 185 prescriptions and raised



a whopping £4460 for Broke Not Broken. There is now a team of more than 85 volunteers ready to keep spreading kindness throughout Kinross-shire.

Here are just a few examples of the amazing feedback Kinross Kindness have received:

*'Thank you so much to the Kinross Kindness team. The other week I was unable to leave the house to go collect my prescription as I had just been in the hospital with my newborn, as he became poorly. I rang the number and explained I had a prescription ready to be collected and it was dropped off to me that afternoon. Thank you so much to the lovely volunteer who also gave us a bag of chocolate eggs for Easter too. You guys are doing such an incredible job! Little*

*Matthew and I are very thankful.'*

*'What you lot are doing is tremendous!'*

*'So appreciative of all you do.'*

*'I wish I was 30 years younger so that I could join you and help others.'*

*'Thank you for the call today from Kinross Kindness just checking everything ok, so nice to know people care. 'You are all doing a great job. Thank you.'*

*'I wanted to thank a member of the group who helped my elderly mother with her shopping. Sadly, although I live in Kinross, I too am having to self-isolate for 12 weeks so assisting my mother is proving tricky at times. Many thanks for the assistance. We are most grateful.'*



Decorated stones with positive messages have been left outside the chemist and elsewhere in Kinross by an unknown artist

### WHO YOU GONNA CALL?

Need some help with shopping, prescriptions, general jobs like moving bins around? Or would you just like a friendly phone call?

Call **01577 212036** or fill in the online form at [kinrosskindness.com](http://kinrosskindness.com)

If you'd just like to have a friendly chat with someone call the Blether Line on **01577 212037**.

## KINROSS KINDNESS!

# LOCAL MAKERS STEP UP

**KINROSS & DISTRICT MEN'S SHED (KDMS)** is producing hundreds of face shields to protect key workers during the coronavirus pandemic. A vital piece of kit on the front line, the face shield provides a barrier that stops workers from touching their face and also protects them from coughing or sneezing patients. The face shields are being sent to NHS workers, carers, testing hubs, and postal and shop workers, and are being delivered as far afield as Ayrshire, Perthshire, Fife, Forth Valley and Clackmannanshire.

KDMS is using 3D printers to make the Polylactic Acid (PLA) face shields and requests are coming in at a tremendous rate. The idea began when Jim Forbes, aged 81, began work in his shed at home to make this life-saving equipment.

Jim said, 'I researched face shields online and came up with a quality product – quick to produce, washable, reusable and light – consisting of four simple parts: the shield's top frame; standard A4 acetate sheet protector screen; bottom support; and elastic to keep the shield firmly on the face.'

'An advantage of the design is the bridge between the forehead and the face plate which greatly reduces breath aerosol mist (possibly infected) from entering the users' eyes. The 3D printed version needs no tools (except for a pair of scissors to trim the face plate). Initially we had one 3D printer belonging to the shed, and my machine, but now Culture Perth & Kinross has dedicated their five printers so we now have seven solely dedicated to this task. We are now able to produce an output of 40-50 shields per day.'



*Nursing staff at Queen Margaret Hospital in Dunfermline with masks from the Men's Shed*

## Shedders are helping QMHD

### Coronavirus in Kinross

Other Shedders soon joined in to help Jim, and there is now a team of 10-15 Shedders involved in the process, which includes taking and recording orders, administration, printing, assembly, quality checks and delivery. More are becoming involved every day, offering to lend a helping hand.

Whilst the Shedders can't meet up as they normally do, they can work safely from home and talk to each other regularly using phone and video links. Complete orders are delivered safely by being placed in the Shedders'

gardens when they are notified that someone is on their way to make a collection. The Shedders are receiving photographs from the key workers who have received their face shields, which Jim says 'makes everything that we are doing worthwhile.'

A Go Fund Me page has been set up to help pay for supplies, with over £2000 raised towards materials to date. KDMS are happy to share their assembly instructions, spreadsheets, instruction leaflet and 3D printer files with other Sheds who might be interested in becoming involved.

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# TO HELP KEY WORKERS



## ... while Gracie is shielding the front line

### Coronavirus in Kinross

**GRACIE WILSON**, from Rumbling Bridge, is a PHD student studying Marine Biology at the University of St Andrews. Gracie owned a 3D printer which she felt would be useful for her studies as well as for home-schooling her 8-year-old daughter. When she saw the demand for face shields for key workers on the news, she decided to put her printer to good use and signed up with a volunteer programme which distributed in England. After a while she wondered if perhaps she could make face shields for those more locally, and asked on Facebook if anyone in Kinross required one – expecting a handful of replies. She had over 100 requests.

Gracie started up a Go Fund me page in order to cover costs of supplies such as filament and acetate. She promised that with £500 raised, she would buy a second machine and donate it to the local primary school when the crisis is over. Any leftover money will go to the NHS.

Within 24 hours, Gracie's page had raised £500 and the current total is at more than £2300. Gracie, thankfully, is not

alone. She wants to thank the special volunteers who are helping her produce face shields to meet demand. Val MacRury Rough who lives in Milnathort was quick to offer her help when she saw what Gracie was doing, as she too owns a 3D printer. She enlisted her own friend Jim Wilson from Dalgety Bay, and along with Gracie's husband Hugh Stewart Wilson (and their eight-year-old daughter Iona, pictured above, who packs the shields while wearing full PPE), the team are now managing to make a fantastic 70 face shields per day, with 5 printers between them. Gracie is by her own admission a novice at 3D printing and has been able to use Jim's expertise (by way of photographs and calls) to solve any problems she has encountered along the way.

The face shields have been tested by hospitals to ensure their safety standards before being used, and are also being delivered to anyone who is an essential worker, whether they are carers, delivery drivers or refuse collectors. Gracie said, 'Please don't think that by asking us for a face shield you are taking one away from someone else who needs it more.' You can contact her at [grw2@st-andrews.ac.uk](mailto:grw2@st-andrews.ac.uk).



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# Crook Of Devon Show Resilience

SIX WEEKS AGO, Victoria Ciesielski and her husband Ryan founded the Crook of Devon Resilience Group (CoDRG) on social media. The aim was to support potentially vulnerable members of our community and surrounding areas who were self-isolating.

They designed and distributed flyers which contained details of local volunteers and themselves. The flyers included tick-box options for things the group could help with, such as:

- **Picking up shopping**
- **Posting mail**
- **A friendly phone call**
- **Urgent supplies**

The intent was to create a localised support network using their home as the base whereby they could coordinate their efforts and donations from their lovely group members. They used an online mapping application to help coordinate where flyers had been posted and where they had not.

They are being supported by Perth & Kinross Council and the Crook of Devon Community Council. After the initial phase of the plan was complete, they had very positive feedback from locals

## Coronavirus in Kinross

and it soon became apparent that their efforts would also benefit those in surrounding areas. Therefore, they were kindly asked to support Carnbo, Rumbling Bridge, Powmill and Blairingone.

After two weeks the group had de-

livered over 1200 flyers (which they are all very proud of) and are in full swing collecting prescriptions and creating food packages.

*If you need help or know someone that does in these areas, please contact Victoria Ciesielski, call 07730 539258 or email kennelsboss21@outlook.com*

## SPIDEY'S ON THE RUN IN KINROSS!

DID YOU SEE SPIDERMAN in Kinross? He hoped to cheer up the residents during the lockdown, and also to help Broke not Broken.

He said 'Broke Not Broken do a fantastic job at the best of times but in these very challenging times they really are making a difference to many households in the Kinross-shire area. I hope I've offered a bit of cheer with my running and if you can spare a few pounds for this great, local cause please donate at [www.gofundme.com/f/raising-funds-for-broke-not-broken](http://www.gofundme.com/f/raising-funds-for-broke-not-broken). Thanks!'

Then he shot a jet of web onto the nearest lamp-post and swung away. Thanks, Spidey!



## Has your income reduced or disappeared as a result of Coronavirus?

If you have lost your income due to the coronavirus, or if it has been radically reduced and you think you could benefit from some support until things go back to normal, please get in touch and we will see how we can help.

## Do you need help with food?

At this strange time it may be the case that you are finding it hard to get access to food. If you are managing a tight budget perhaps we can help you.

## Who are we?

Broke Not Broken is a local charity based in Kinross-shire dedicated to tackling the effects of poverty. We run the local food bank as well as other community projects. We work with referral agents to make sure you get all the support that you need.

BROKE  
NOT  
BROKEN

**Contact**  
**Broke Not Broken**

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Email us at  
**admin@brokennotbroken.org**

Call us on  
**07518 913107**  
or message us on our facebook page.

Scottish Charity: SC046033

## KINROSS kindness



community information & support for people self isolating  
kinrosskindness@gmail.com 01577 212 036 Open Mon-Fri 9am-5pm

**Do you need help whilst self-isolating or staying safe?**  
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## How can Kinross Kindness help you?

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- Collecting and dropping off Shopping/Prescriptions
- Making friendly phone Calls
- Providing Urgent Supplies
- General Help like moving bins round

### We are not

- Involved in any payments or transactions
- Entering peoples home
- Making any direct contact unless necessary

### If you need some help

Phone us on:

**01577 212036**

or fill out a form at

[www.kinrosskindness.com](http://www.kinrosskindness.com)

### If you would just like to be able to have a friendly chat with someone

Call the Kinross Kindness 'Blether' Line

**01577 212037**

**\*\*Open between 9am and 5pm. Outside of those hours please leave us a voicemail\*\***

For up to date, local information join our community Facebook Group: Kinross Kindness

If you are not able to manage your symptoms at home, please contact your GP or NHS 24 (dial 111) for further advice. We do not provide medical assistance.

# Broke Not Broken – Community Pulls Together In A Crisis

## Coronavirus in Kinross

**IT MAY BE A CRISIS**, but it has certainly shown community spirit like perhaps nothing else has.

Four weeks ago, the trustees of Broke Not Broken came together to work out a way of maintaining their support for their clients in a safer way. They have been working hard to ensure they continue their service to Kinross-shire while keeping themselves and their clients safe. They have had to move away from a system that they loved, where clients could come in and have a chat and a cup of tea, and build a relationship with the volunteers. Now the foodbank is closed to clients and all food parcels are being delivered directly to their doors. All volunteers have been given gloves – thanks to donations from the IFAN (Independent Food Aid Network). Huge thanks are in order for Caledonian Washrooms for fitting hand sanitisers, soap dispensers and towel dispensers in the Beacon for volunteers.

Since the beginning of the pandemic, Broke not Broken have been inundated with offers of help with volunteering. While they are so grateful for all the offers of help, they are understandably trying to maintain as much confidentiality and dignity for their clients as possible. They are therefore keeping their circle as small as they can, using existing volunteers wherever they can manage.

While food donations have dropped, financial donations have hugely increased. Each pound donated is taken very seriously and being trusted to spend it well is a huge responsibility. As well as dozens of personal, individual donations, Broke not Broken would like to thank Loch Leven Church, Orwell and Portmoak Church, Loch Leven Half Marathon, Loch Leven Cycling Club and the Happy Hookers (Craft Club) for their donations.

The Local Action Partnership kindly donated £5000 and the Alexander McLauren Trust £10,000. It has to be said that when that latter donation came in, they were contacted to check they hadn't pressed the zero button too many times by accident!

How are Broke not Broken spending this money?

The foodbank have gone from giving out on average 6-8 parcels of food a week, to over 80 names. Behind each name



is often a family of dependants, children, maybe grandparents too. Spending by the group has gone from previously no spend at all on food to an average of £643 per week. Volunteers visit wholesalers and local businesses to get the best value possible for their money, and add fresh food to the parcels when they can. They have worked hard with PKC and FareShare to get food delivered and after initial panics about the scarcity of food, things seem to have stabilised. Thanks to Ana de Miguel for her hard work in securing food from PKC and for the donated food from Graham's Dairy, The Courthouse, Rosemount Nursery, Baillies (Perth) and Kinross High School HE Department.

Feedback shows that clients struggle with fuel as well as food. A safe way to help while still protecting clients and volunteers is being worked on.

At Easter, toys were delivered to local families – with too much chocolate and only an hour of outdoor exercise to burn it off, this was hoped to have helped with a less than ideal Easter!

With Kinross Kindness and the help of Councillor Callum Purves a leaflet drop was done to spread the message to people who may have never needed to access a foodbank before; those laid off due to lockdown, self-employed people struggling due to loss of income and people shielding or isolating. Only a day after delivery the foodbank has already seen a rise in people contacting them for help.

Importantly, Broke not Broken maintain a referral system – if people need help with food, they will probably also need help with other things. All referral agents have been busy contacting clients by phone. Grateful thanks are given for their support.

Anne McCormack, Chair of Broke not Broken said, 'It has certainly been an intense time. We have been met with gratitude and smiling faces, our volunteers maintain a great sense of humour and solidarity and our community continues to inspire and energise us, so thank you.'

Contact: [admin@brokenotbroken.org](mailto:admin@brokenotbroken.org)  
or call 07518 913107.



# MSP Praises £5.5m for Community Pharmacies

**ROSEANNA CUNNINGHAM MSP** has welcomed the news that additional funding of £5.5 million will be provided to community pharmacies to help them cope with increased pressures from coronavirus (COVID-19). The funding will help with costs which include additional staff hours and locum costs, the increased amount of medicine prescriptions, modifications to premises such as the installation of protective screens, additional cleaning costs and increased phone consultations.

Ms Cunningham said: 'Pharmacy workloads almost doubled during March – with increased prescriptions, staff overtime and a higher level of consultations all resulting in additional costs for the service. I welcome this announcement of an addition £5.5 million

## Coronavirus in Kinross



Roseanna Cunningham MSP

for community pharmacies. On top of their already heavy workloads, community pharmacists have also been asked to perform an enhanced role during the Coronavirus (COVID-19) outbreak.

Pharmacists are now empowered to support more patients, reducing the pressure on other parts of NHS Scotland through the extension of the Minor Ailment Service. There are so many groups of workers who have shown themselves to be absolutely central to the running of our society during these unprecedented times but I want to take this opportunity to particularly praise and thank all those working in community pharmacies, in my constituency and beyond, for their incredible hard work throughout this pandemic.

They really are doing an invaluable job as they ensure people continue to receive vital medicines and care throughout this period of challenge for the NHS.'

# Councillors Cleared Of All Allegations

**COUNCILLOR CALLUM PURVES** (Kinross-shire) and Councillor Colin Stewart (Strathmore) have been found not to have breached the Councillors' Code of Conduct or the Perth & Kinross Integration Joint Board Code of Conduct in any way after several complaints were made against them to the Ethical Standards Commissioner. Both councillors have always refuted all of the allegations made against them.

There are now no outstanding complaints against either of the two councillors and the interim suspension imposed by the Standards Commission on Councillor Stewart has been lifted.

Councillor Callum Purves said:

'I am obviously delighted by the outcome of these investigations that confirm what we have said all along. I am disappointed, however, that such an inordinate amount of time, effort and taxpayer money has been spent on dealing with these complaints.

'It is disappointing that these complaints have been made when we were simply trying to do our jobs as board members and councillors and ensure that decisions are taken in an open and transparent manner. Now that an independent body has dismissed every single one of these complaints, local residents can make up their own minds about why some of these complaints were made.

'The Council, Perth & Kinross IJB and NHS Tayside remain in desperate need of reform. We shall continue to push for change and hold these bodies to account as our constituents elected us to do.'

'All these complaints have done is serve as a distraction to the main issue here: The delivery of mental health services in Tayside. Now David Strang has published his final report and we have heard many promises about how people accept all of his recommendations, we need to see real action to improve the delivery of these vital services.

'I would like to take this opportunity to thank everyone locally who has supported me throughout this ordeal: constituents, community councils and other community groups as well as many of my fellow councillors. Councillor Stewart and I have really appreciated the support and I look forward to continuing to work hard for you in the years ahead.'

## PORTMOAK FESTIVAL LATEST

### Coronavirus in Kinross

Due to the ongoing coronavirus situation, Portmoak Festival will not take place in June this year. An event like this requires a lot of planning beforehand and even if lockdown restrictions are lifted, there would be no chance of putting on a week of festivities in the normal way.

However, when restrictions are lifted, the community will be ready for some social events. It is proposed to have a few opportunities for friends and neighbours to get together over a couple of days, an afternoon tea, a pudding club, a chance to see the school community film again or a music session. These will all be events which can be organised quickly and advertised in the Portmoak area. Some of the planning which has already been done for 2020 will be taken forward to next year.

In the meantime, the festival has been distributing funds to various groups in the Portmoak Area. We also unanimously agreed under current circumstances to donate £500 each to Broke not Broken and the Kinross Day Centre. Both organisations need extra support at this difficult time.

# Message From Your Local Councillors

## Coronavirus in Kinross

**DURING THESE UNPRECEDENTED** times, we as your four Kinross-shire Councillors – Cllr Mike Barnacle, Cllr Callum Purves, Cllr Willie Robertson, and Cllr Richard Watters – take this opportunity to share our deep appreciation for the work that so many of you across Kinross-shire are doing in response to the threat that the Covid 19 virus is imposing on us all.

Established community groups such as Broke Not Broken and the Day Centre are rising to the challenges posed by this pandemic. While demand for their key services has rocketed, a number of their regular volunteers are classed as vulnerable and so are unable to provide their usual help.

Kinross Kindness is a new group formed to respond to these challenging times by helping with shopping or collecting prescriptions for local residents who are self-isolating. Kinross Kindness has also setup a 'Blether Line' for anyone in need of a friend-

ly blether during lock down. Arngask Church in Glenfarg has set up a similar chat line.

Outside Kinross, the Community Councils of Cleish & Blairadam, of Glenfarg, of Portmoak, and in Fossoway, the Crook of Devon Resilience Group, are all using their invaluable local knowledge to support members of their communities during lockdown by helping residents with prescriptions, shopping, and any other help they can provide.

Kinross and District Men's Shed are using their 3D printers to make face shields for our frontline workers, helping to protect all our lives not only in this area, but further afield.

All these groups of volunteers are playing an important role in making sure that we are protected and looked after during this stressful and difficult crisis. If you require any help or assistance, the contact details for all the groups can be found in this month's *Newsletter*. Or you can call one of us and we will be sure to get the right help to you.

Key workers have also stepped up, ensuring that the key local services that we all depend on continue to be operational.

We all appreciate the expertise, dedication, and bravery shown by NHS staff and other health professionals as they work through this difficult and dangerous situation.

Overall, Kinross-shire has provided a community response to be proud of, helping our residents during this crisis and ensuring that all our needs are provided for.

Our thoughts go to families who have suffered a bereavement during this time.

As we all play our part – even by just staying at home – we continue to protect our communities and we continue to save lives.

### Your Local Councillors

Cllr Mike Barnacle  
Cllr Callum Purves  
Cllr Willie Robertson  
Cllr Richard Watters

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# I Can See A Rainbow...

**YOU MAY HAVE SEEN** just a few rainbows in the windows of houses, shops and churches when out and about walking through Kinross.

Why rainbows? It is hoped that the colourful pictures on the windows will cheer up those who pass by. The aim is to make passers-by smile and also offer a message of hope.

Children (and adults) are being encouraged to make the pictures to 'spread hope' amid the ongoing pandemic. It has certainly caught on in Kinross, with all sorts of materials being used to make rainbows – there is even a giant Lego rainbow! The Kinross-shire Facebook group is called the Rainbow Ramblers.

Rainbows are used as a symbol of peace and hope as they often appear when the sun follows a heavy rainfall. They serve to remind us that there is hope and light to follow even after dark times. The current trend appears to have started in Italy but has also been adopted by the US, Canada and Spain, where people have adorned their windows and balconies with colourful pictures.

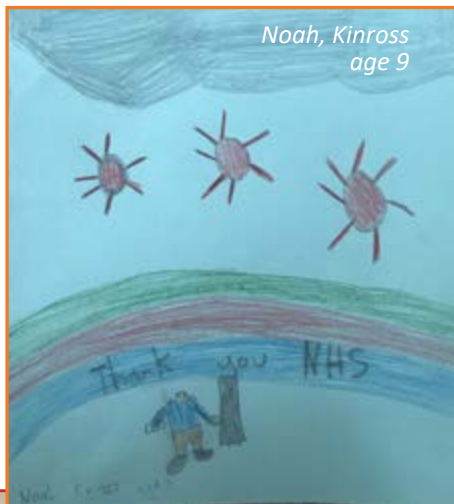
Creating the pictures also serves a practical function, however, as it has given children a chance to flex their creativity while being home-schooled by their parents, following the nationwide school

closures. Other parents have taken their children out to count the rainbows while they are out getting some exercise.

On this month's cover you can see how Farmer Calum McIntyre painted rainbows on his sheep to cheer up passers-by.

Over the past few weeks Kinross Parish Junior Church have been painting sheets of paper in their own homes, and these were used to make a rainbow in the church windows as part of the Easter celebrations. Well done and thank you from Rev Alan Reid to everyone who took part.

You sent us lots of great pictures of your rainbows and you can see some of them here. We're only sorry we can't show you them all.



Noah, Kinross  
age 9



Mum Shirley, Grandma Isabel  
and Alex, age 10



Lee, 8  
Milnathort



Norma  
Smith



Easter Cross rainbow,  
Kinross Parish Church  
(Anne Millar)



Sophie  
Longmuir



Brooke McKay




Jamie, aged 10




Sharon  
O'Kane





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# News From The Court House

**THESE ARE UNPRECEDENTED** times and it has been reassuring to see how Kinross has risen to the challenges that Covid 19 poses. The amazing work by Kinross Kindness and Broke not Broken, as well as countless other organisations, businesses and individuals, has made us burst with pride for our community.

Similarly, as a local business and employer, we at The Court House Coffee Bar & Restaurant have been so heartened by the strength of the local business community who have rallied around each other and the residents of Kinross-shire to offer support, services and advice, practical and otherwise. We are sure we will all come back from this situation stronger than ever.

Whilst we can't offer anyone the usual Court House experience, we are delighted to still be able to offer a limited takeaway menu.

We have instituted a range of strict procedures to protect our skeleton staff and all our customers and will be open Wednesday to Sunday from 1.30pm until 8.30pm.

Coffees, and any cakes we have persuaded the chef to make, will be available to buy from 1.30pm. Please pay special attention to the information notices about collection procedures on the main door and collection window when you arrive.

We will be offering pizza and a limited drinks menu daily

from 4.30pm for either delivery or collection. Our website has full details of menus and delivery radius. Please note that drinks are only available with pizza orders and by popular demand we are also offering a limited menu of sides like skinny fries, chunky chips, sweet potato wedges and garlic pizza bread.

Our lines open at 1.30pm for the placing of orders and we ask that payments for delivered orders are made by card at that time. Card payment can be made on arrival for collection orders. We are unable to accept cash payments at this time.

Obviously, this is a fluid situation and we will continue to monitor procedures and make changes where necessary. Our website and our Facebook page are the best place to find our most up-to-date news.

We want to thank our valued customers for their continued support and their kind words which mean so much to us all. All of our staff have faced this difficult situation with dignity and professionalism and have gone well beyond anything we could ever have expected of them. We are looking forward to getting all the team back together soon and we thank them most of all.

[www.courthousekinross.com](http://www.courthousekinross.com)

## **THE ORIGINAL 8.0**

mozzarella, buffalo mozzarella, confit cherry tomatoes & fresh basil

## **V3 8.4**

peppers, red onion, mushroom, goat's cheese, mozzarella finished with rocket & pesto

## **THE CHARCUTERIE 9.6**

marinated olives, mushrooms, mozzarella with Parma ham, salami, shaved parmesan & rocket

## **QUATTRO FORMAGGIO 8.4**

mozzarella, goat's cheese, smoked redwood finished with basil & shaved parmesan

## **THE ANTIPASTI 9.6**

marinated olives, confit cherry tomato, artichoke, mozzarella, buffalo mozzarella, fresh basil & rocket with basil oil or chilli oil

## **THE REAL MEATY 10.0**

pepperoni, roast chicken, mozzarella finished with Parma ham, salami & rocket. Add chillies 1.0

## **EL POLLO 10.0**

roast chicken, peppers, chorizo, mozzarella, red onion & chilli finished with rocket & smoked paprika mayo

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# Local Mum Builds Jewellery Business From Her Kitchen Cupboard

**REBECCA ROBERTSON** took the bold step of starting her own business when she realised that working behind a desk was not for her.

Always creative and looking for ways to express her feelings through art, Rebecca completed a silver smithing course during her years living in Manchester. She was working as a sales rep at the time and life on the road just wasn't fulfilling enough. This had her hooked.

The watershed moment came in 2014, shortly after the birth of her son and breakdown in her marriage. Desperate to give him the best she could and achieve the all-desirable work-life balance, Rebecca realised that as long as she worked for someone else it was never going to be achievable. In that year Holly Silver Jewellery was established.

Life as a jeweller started out in quite an unglamorous fashion, holed up in the 1m x 1m kitchen cupboard that made do as her workshop. As business grew, Rebecca has had to take on staff to keep up with demand and now has a studio based in Kinross. Self-taught, her items are sought after by numerous stockists and local galleries throughout the UK, and the Sassenach bangle Rebecca designed in line with the epic success of the TV series *Outlander* has resulted in customers from across the globe.

Rebecca takes pride in hand-making all her pieces herself, with her signature mark being the stamping and personalisation of each item. Her success may lie with how she is prepared to bare her



*Rebecca Robertson in her workshop*

soul when it comes to her work; all her sentiments and emotions are exposed in her art. It gives her a lot of joy hearing other people's stories and being able to support with the healing and strengthening of words through bespoke jewellery pieces which embody love, growth and connection.

Connections and people are important to Rebecca and it was for these reasons she decided to remain in Kinross and expand there. The potential of the business has been recognised by Perth and Kinross Council, who have awarded multiple grants, enabling a brand refresh to 'Holly Silver by Rebecca' and, in 2018, giving the business the amazing opportunity to open its own craft centre.

This is a pop-up space for other artists, sculptors and painters to show-case their work – and invaluable in terms of strengthening the local community.

Rebecca says, "I was in such a dark place when I started Holly Silver Jewellery, but being able to express myself through words and share with others has transformed my life. I always dreamt of sharing my passion with others and being able to do it in a way that lets me give something back in return is really special."

Perfect for gifts, visit Rebecca's website for inspiration and to browse her portfolio: [www.hollysilverjewellery.com](http://www.hollysilverjewellery.com)



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# Council 'Well Prepared' For National Helpline

## Coronavirus in Kinross

PERTH & KINROSS COUNCIL put in all necessary preparations at the outset of lockdown to support vulnerable people in its communities. The council was therefore well prepared for the new national helpline number for corona virus support. Once the helpline was announced by the Scottish Government the council started taking calls immediately, although it did not officially open until 14 April.

The helpline (0800 111 4000) is for people who are at high COVID-19 risk and do not have family or community support to provide food and medication, links to social work, emotional support or contact with local volunteers. It is aimed at people who are over 70, disabled, require the support of mental health services, are pregnant or receive a flu jab for health reasons, and is in addition to support provided for people who are 'shielding' because they have specific, very high-risk, health conditions.

Chief Executive Karen Reid said, 'If you are a person who is over the age of 70, has a disability, requires the support of mental health services, is pregnant or receive a flu jab, Perth & Kinross Council can help you with access to food and medication or local emotional support and volunteering. Please contact us on the national helpline or our own number for Coronavirus enquiries, 0345 30 111 00. We have already set

up a team of over 70 people to support vulnerable and shielding people in different ways, with a single phone number and email address to help anyone in our area who needs support due to the corona virus outbreak, so we are in a strong position to pick up and respond to calls to the national helpline. I'd like to thank they many community groups and over 600 volunteers we are linking up with to help people in their local areas, as well as our dedicated staff who are working tirelessly to make sure nobody goes hungry or without medication.'

## Shielding

Shielding letters are being sent to individuals with specific health conditions which make them extremely vulnerable to COVID-19. These people are being asked to self-isolate for 12 weeks, without leaving home. You should be shielding if you:

- **have had solid organ transplants**
- **have cancer and are receiving active chemotherapy**
- **have lung cancer and are either receiving or previously received radical radiotherapy**
- **have cancers of the blood or bone marrow, such as leukaemia, lymphoma or myeloma who are at any stage of treatment**
- **are receiving immunotherapy or other continuing antibody treatments for cancer**
- **are receiving other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors**
- **have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs**
- **have severe chest conditions such as cystic fibrosis or severe asthma and severe COPD**
- **have rare diseases, including all forms of interstitial lung disease/sarcoidosis, and inborn errors of metabolism (such as SCID and homozygous sickle cell) that significantly increase the risk of infections**
- **are receiving immunosuppression therapies that significantly increase risk of infection**
- **are pregnant with significant heart disease (congenital or acquired)**

Shielding letters contain details of an SMS text service with which you can register to receive grocery parcels and priority booking for supermarket deliveries. You can also call the national helpline or the Council direct for support.

## Non-Shielding Vulnerable People

Other people may not fall into the shielding group but are still at higher risk of becoming ill should they contract COVID-19. This includes people who are over 70, are pregnant or receive a flu jab for health reasons. People in this group will not receive a letter and are encouraged to call the national helpline or the council directly on 0345 30 111 00 if they need support.



## Councillor Willie Robertson

I hope you are all managing to cope with the extreme circumstances we are having to live through. In communities like Kinross-shire it certainly has brought out the best in human kindness and spirit.



### Flooding Incident

There was a major flooding incident in the south of Kinross on 21 and 22 February. The flood water appears to have emanated from the South Queich. This body of water burst its banks on the afternoon of Friday 21 February and then again more severely in the early hours of Saturday 22 February. As a result, there was internal flooding to approximately 12 residential and 3 business properties in the area. There was further flooding to at least 2 private garages and to the yards of at least 5 other businesses. The post-flood assessment has confirmed this to have been the largest flood event on record with a return period equivalent to the 1 in 50 year flood (the flood that has a 2% chance of being exceeded in any one year). This has therefore been a fairly significant flood event.

Members of the Council's flooding team and the Roads Maintenance Partnership were on site just after the start of the flooding in Kinross on the afternoon of 21 February. Scottish Fire and Rescue were also present. The Council supplied around 30 sandbags to Smith Street and 160 sandbags to Queich Place. The following week, members of the Council's flooding team visited all identified affected homes and businesses in the area to investigate the flooding. Additionally, Council officers advised residents to contact the Scottish Flood Forum (Tel 01698 839021; [www.scottishfloodforum.org](http://www.scottishfloodforum.org)) and provided them with an update on the South Kinross Flood Protection Scheme.

The Council are working on a flood protection scheme for south Kinross which is intended to reduce the risk of flooding from the South Queich as well as the Gelly Burn and the Clash Burn, including the kind of flooding experienced in February. The scheme is still at a fairly early stage. The Council's consulting engineers, RPS Group, have carried out a topographical survey along with some ground investigation works. RPS have finalised the hydrological assessment of the watercourses and are currently finalising the hydraulic model. More recently CCTV surveys have been carried out on the culverted parts of the Clash Burn and some partial blockages have been cleared. The Council have also passed all the information gathered about the recent flooding to RPS, for use in their investigations. All of this information will inform the outline design of the flood defences that will reduce the risk of flooding to homes and business in the area.

Flooding and the danger of flooding is a dreadful threat for people to live with. I will do my best to push forward a flood defence scheme for South Kinross to allow residents and businesses to rest easy in times of heavy rainfall.

### Fly Tipping

There have been a number of incidents of fly tipping in Kinross-shire recently. The Council will clear up dumped waste where it is on public land, but where it is left on private land it becomes the responsibility of the landowner. Kinross-shire is a beautiful county and it is disgraceful that thoughtless individuals feel they can use it as a site for dumping waste. The police are aware of the recent fly tipping incidents and SEPA have also been notified. If you live in a rural area please keep an eye open for pickups/vans acting suspiciously – especially if they are carrying garden or other waste and note their registration number. If there is an incident this gives the authorities a lead to follow.

**Councillor Willie Robertson**

## Councillor Mike Barnacle

Email sent to Councillor Murray Lyle

Council Budget Debate 06/03/20

Dear Murray,

As you know from my email of Thursday 12 March re the Fossoway Crossing Patroller on the A977 (the somewhat academic exercise now given school closures), I was disappointed at the outcome of the debate and the absence of dialogue between your administration and the Independent Group of Councillors.

You would note that our budget featured resources for a Kinross-shire 'pilot' area committee, feasibility studies for a railway link to Kinross (PKC Policy), Regional Park initiatives (Ochil Hills and extension of Lomond Hills Park to Loch Leven) and a reassessment of the local landscape designations lost for the Cleish Hills and Devon Gorge (after a flawed consultants exercise).

What is disappointing is that I have raised these matters in correspondence and meetings with you recently but discussion is pointless if no resources are allocated, which they haven't been by your administration. We may well, as a group, revisit some of this through the Capital Budget debate and I would sincerely hope for an improved dialogue when that eventually takes place.

Yours sincerely,

**Councillor Michael Barnacle**  
Independent Member for Kinross-shire



## Roseanna Cunningham, MSP

*Ne'er cast a clout 'til May is oot.*

It's an old saying, and whether the May in question refers to the month or the flower of the hawthorn tree (the debate rages on!), it is a clear warning against deciding that it's shorts and t-shirt weather too soon.

As the days lengthen and the weather improves, there is a real and understandable temptation to spend longer periods of time outdoors. In normal times, we would be starting to think of picnics in the park or barbecues on the beach.

But these are not normal times and those temptations really must be resisted.

The headline message for protecting yourself and others remains very firmly – *Stay At Home!* We should not be out and about for any reasons other than our daily exercise, to pick up food or medicine, or to get to or carry out essential work.

Hard though it is, I know that the vast majority of folk are following the advice that has been given and I thank you for that. Indeed, as adversity so often does, this crisis time has really brought the best in people to the fore.

I find it really uplifting to hear stories of communities and individuals whose simple acts not only provide real practical support for people that need it but are powerful morale-raisers for the rest of us.

Stories like that of the folk at the Kinross Men's Shed who have put their 3D printer to good use and have been working flat-out producing hundreds of face shields for medical staff working on the front line in the battle against Coronavirus. In fact, they set up a GoFundMe page to buy a second printer so they could increase their output and plan to donate the second printer to a local school when the need for it has passed.

And there are many more like that one. On both a smaller and larger scale, these acts of kindness and consideration are happening all over. Groups or individuals, often at what could be described as a micro-community level, can respond quicker and more effectively to needs that arise than local councils or national governments can ever hope to.

But co-ordination of resources is one area where bigger sometimes becomes better and the Scottish Government has put together a volunteering page on the Ready Scotland website ([www.readyscotland.org/coronavirus/volunteering](http://www.readyscotland.org/coronavirus/volunteering)), giving information about a range of different ways in which people can help.

Whether it's practical or emotional support, there are lots of ways you can volunteer to help, but for many, the most helpful thing to be done to support our NHS and our communities is to stay at home to save lives.

Perhaps we need to recast that old saying:

*You'd best stay put, though May be oot.*

**Roseanna Cunningham, MSP**



## Liz Smith, MSP

May I begin by paying tribute to the extraordinary efforts of all those who are involved in the fight against Covid-19.

No words can fittingly describe what is happening right across the country every day, every hour and every minute as the nation battles this terrible pandemic. As Her Majesty The Queen remarked, people will hopefully be able to look back on this crisis and 'take pride in how they responded to this challenge.' She is right.

It is not only the NHS which has been outstanding in its response, so too have many businesses – many of them fighting for their own lives – and our local communities.

As well as the many pleas for assistance my mailbag, like those of all other elected members of whatever political persuasion, are full of praise for those who have come to their aid. This has ranged from community groups delivering food to vulnerable residents, to time-slots set aside at supermarkets for NHS staff, from children's displays of rainbows of hope in windows to the quiet kindness of supplying Easter eggs to those who are feeling so lonely and isolated.

We all need some positive and inspiring news in these unprecedented times, so I was delighted to hear of a Kinross jeweller making a name for herself across the globe.

Rebecca Robertson\* has been producing a range of jewellery which was inspired by the Outlander TV series. What makes her story all the more amazing and endearing, is that she began producing jewellery from a kitchen cupboard in 2014, after she completed a silver-smithing course.

One of her early stockists was based in Falkland, near the location of filming for the first season of Outlander. This led to Ms Robertson creating a range of jewellery hand stamped with phrases from the TV series.

Her jewellery range subsequently expanded and Ms Robertson now has orders from customers in American, Europe, Australia and New Zealand. This is a good example of how a local business can garner the imagination of people across the world and was a heart-warming story to read in these extremely challenging times.

It is a combination of the public's spirit, the selfless dedication of the NHS and key workers everywhere and some common sense that will eventually get us through this pandemic. We will not be unscathed but hopefully we will become a stronger nation in the future.

**Liz Smith, MSP**

*\*See our feature on Rebecca Robertson's work on page 18*

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## John Nicolson, MP

None of us can remember a time like this. I'm sitting at home and there's an eerie silence outside. No planes overhead, no cars, the distant rumbling of the railway silenced.



The only precedent I can think of is Spanish flu which swept across the western world from 1918 to 1920 killing millions of people. It disproportionately affected young adults, and I remember my grandma talking to me about it, telling me how terrified she and her friends were. Censors had tried to downplay reports of the pandemic's ferocity, in an attempt to maintain morale at the end of the Great War.

Censors are a thing of the past in today's multi-media society. The danger for us isn't too little information but misinformation, either maliciously spread, or else disseminated through ignorance. As we try to work out how to cope with these next weeks and months, one thing is clear: We must listen to the experts. We must ignore hearsay. And the experts are united in telling us how this deadly new virus is spread. It comes at us through saliva and mucus particles. It can enter our system through the mouth, nose, and eyes. And it lives on surfaces those infected may have touched.

So the advice is unambiguous: stay at home. Avoid close contact with other people. Only go out for necessary shopping, exercise, and medicine.

My staff and I are all working from home. The team are deluged with constituency casework and we are handling it as fast as we can. I'm not alone in recognising that this crisis brings out the best and worst in people. The UK Foreign Office hasn't covered itself in glory. I have had constituents stranded across the world. And while many countries have repatriated their citizens speedily, the FCO seem to be floundering, telling UK travellers to 'return home' – a wholly unhelpful instruction given that it's been well-nigh impossible for many to do so. Which brings us to the airlines, jacking up their prices and cancelling flights. Some of my constituents have run out of savings having bought multiple overpriced tickets, each one cancelled and an instant refund refused.

But amidst all the darkness, there are countless heroes – the shop workers and food producers working long hours, the emergency services, and our peerless NHS staff exposing themselves to risk to save lives. Our community has rallied together as everyone who lives here knew it would. Old people and other vulnerable groups are having their medicine collected and food cooked and delivered by volunteers in every corner of the constituency and all across Scotland.

Thank you to everyone working so hard to keep us safe.

*For updates on my work in the constituency, including my upcoming constituency advice surgeries, as well as my votes in parliament, please follow me on social media or e-mail me for a digital or printed copy of my latest constituency report at [john.nicolson.mp@parliament.uk](mailto:john.nicolson.mp@parliament.uk).*

**John Nicolson**

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# Police Box

## Doorstep Crime

Even now it is with regret that I have to inform you that a small number of people are using the fear and isolation of the lockdown to exploit our most vulnerable residents.

I have no doubt that there are many unscrupulous criminals currently looking to target victims. With the lockdown set to continue and the improved weather, many of us are focusing on maintaining our homes and particularly gardens.

Unfortunately, this also means an increase in 'Bogus Callers', who only want to deprive householders of money by providing overpriced, sub-standard work. This is being exacerbated by so many elderly people being isolated due to the current restrictions.

From bogus callers to rogue traders, doorstep criminals are cunning, creative, and often very convincing.

Anyone can be fooled as these people are professional con-artists. However, the over 60s are often specifically targeted.

### What Is Doorstep Crime?

There are two main types:

- **Bogus callers try to get into your home by pretending to be someone they're not, including council staff, meter readers, or even police officers. In reality, they are crooks trying to steal cash and valuables.**
- **Rogue traders claim to be workers offering to make repairs or carry out work on your house, garden or driveway. In reality, they charge inflated prices for shoddy or unnecessary work.**

### Who Should I Call?

...if I feel threatened, unsafe, or suspicious of a caller?

- **Contact the police immediately on 999**

...if I see something suspicious in my area, or want more advice about bogus callers?

- **Contact the police on 101.**
- **Try and take a note of vehicle details or registration numbers, and descriptions of anyone suspicious.**

...if I want to contact the police anonymously?

- **Contact the independent charity Crimestoppers on 0800 555 111.** You can also visit their website at [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

...to find out more about home safety services?

- **When circumstances allow, contact your local council for more information. Depending on your circumstances, you may qualify for a free security alarm.**

### Beat bogus callers

- **Keep front and back doors locked.**
- **Fit a door chain or bar, and use it.**
- **Only let callers in if they have an appointment.**
- **Always ask for ID and check it carefully.**
- **Don't keep large sums of money at home.**
- **Call 999 if you feel threatened or scared.**

So, if you see work being carried out at a vulnerable neighbour's house or even vans slowly touring your neighbourhood (often with no logos or livery), then please contact the Police so that we can investigate. I can assure you that you will not be wasting our time.

## Recent Incidents

**About 2.30am on Wednesday 15 April** a metal plate was thrown through a window of a property on the High St, Kinross (CR/9692/20)

**Between Sunday 12 April and Tuesday 14 April**, a blue Hyundai I30 was scraped whilst parked in Mill Street, Kinross. (CR/9895/20)

**Between 2pm on Tuesday 7 April and 3pm on Wednesday 8 April** the front bumper of a red Land Rover Defender was stolen from a farm near Balado, Kinross (CR/9296/20)

Anyone with any information that may be useful should contact Tayside Division on 101 or any police officer, quoting the crime reference number listed at each incident. Alternatively, information can be passed anonymously via the charity Crimestoppers on 0800 555 111.

## Police Scotland – local community

### Telephone 101 for non-emergencies

Community officers for Kinross-shire:

**PC Ben Clark and PC Matthew Ross.**

**Email:** [taysidekinross-shireCPT@scotland.pnn.police.uk](mailto:taysidekinross-shireCPT@scotland.pnn.police.uk)

Community Sergeant (Kinross-shire): **Sgt Michelle Burns.**

Community Inspector for Perth South (Strathearn, Strathallan, Almond & Earn, Kinross-shire): **PI Katrina Thompson.**

PC Spalding is also on Police Scotland twitter and can be followed on [twitter.com/policescotland](https://twitter.com/policescotland) or @Kinross

### Perth & Kinross Area Commander

After 30 years of public service Chief Inspector Ian Scott will be retiring from his position as Area Commander. From next week he will be replaced by Chief Inspector Graham Binnie. CI Binnie has a wealth of experience in both response and community policing and comes to this role following a successful period working in the area of public protection.

### Ways of Following the Police:

**Twitter:** @KinrossPc or [twitter.com/policescotland](https://twitter.com/policescotland)

**Facebook:** [www.facebook.com/PoliceScotland](https://www.facebook.com/PoliceScotland)

**Website:** [www.scotland.police.uk](http://www.scotland.police.uk)

## Community Watch

Receive email alerts about criminal incidents in your area, crime prevention advice, flood alerts and much more by signing up to Perth and Kinross Community Watch. The range of information received can be tailored individually; each person signing up can choose which partner agencies they would like to receive messages from. Visit this website for more details: [www.pkcommunitywatch.co.uk](http://www.pkcommunitywatch.co.uk)

## Crime Stoppers – Telephone 0800 555 111

This is a free phone number (unless you are using a mobile phone), which any member of the public can contact at any time if you have information relating to a criminal activity of any sort. It is, if you wish, confidential and you cannot be contacted if you choose to remain anonymous.



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# Tales Of Lockdown

***We asked for your stories of how lockdown was affecting you and your family and here are some of your responses. What a nice lot you (mostly!) are...***

## Coronavirus in Kinross

'I live in Kinross with my husband and until lockdown we used to spend most of our days commuting to work in Edinburgh and didn't use the local shops. Now that we are in lockdown I have discovered that you really can get everything you need locally without even having to get in the car. I have done a lot more walking around Kinross than ever before and it's great to see all the rainbows.'

'I moved to Kinross last year, so didn't really know my neighbours that well when the lockdown started. I work for the NHS in Perth so I'm still working full time. Recently I had to go into self-isolation (I had a bug but it wasn't confirmed as Covid19) so I didn't leave the house for a number of days. One morning I woke up feeling rotten to find a kind Kinross neighbour had noticed and popped a wee note through my door with the offer of getting me anything I needed. I was extremely touched and now feel that Kinross really is my home rather than just a place to stay. Thanks to all neighbours who regularly wave hello on the Thursday #clapforcarers.'

'We have a great community in Kinross and it's fantastic to see all the work going on to make sure people stay connected. Well done to the Men's Shed, Kinross Kindness, Broke not Broken and all the other groups that are working so hard during this crisis.'

'We are lucky that we have a loch within walking distance. Being able to step outside and appreciate nature has really helped me get through these last few weeks!'

'I was thinking about all the parents who have children at home and how hard it must be, especially if you are trying to work at home as well.'

'The way the Kinross-shire Community has rallied to support those in need is inspiring and indeed quite breathtaking. I hope this very dark Coronavirus cloud has brought this as a silver lining we can continue to build on.'

'I've had enough now. Not the kids fault but I can't wait for them to go back to school and for life to go back to normal.'

'Being furloughed is horrible but the only advantage is that I get to spend more time with my children. I have more time to read to my youngest and help the older ones with their online schoolwork. (I say help – I don't think I've got anything right, yet!) I will really miss doing this when I go back to work.'

'It's not been easy being cooped up in the house for weeks on end but I think at last my wife and I are beginning to appreciate each other in ways we never did before. She taught me how to cook her favourite curry and I showed her how to put her rubbish in the bin. I think she preferred it the way it used to be!'

'I really miss my family. We Skype them but it's not the same. I just miss being able to give them a hug.'

'I feel guilty. So many people are ill or dying but I am enjoying the peaceful world we have now. Is it wrong to feel this way?'

'I'm in my 70s and have never been treated with such kindness before. My neighbours regularly offer to do the shopping and ask how I am.'

'I notice a lot more of the world around me at the moment. I wake early and hear the birds in the trees. I had no idea how many different kinds there were in Kinross. I'm going to learn more about them.'

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# A Gentleman Of The Old School

*David Munro tells how the elder Robert Burns-Begg made his mark on the youth of Kinross*

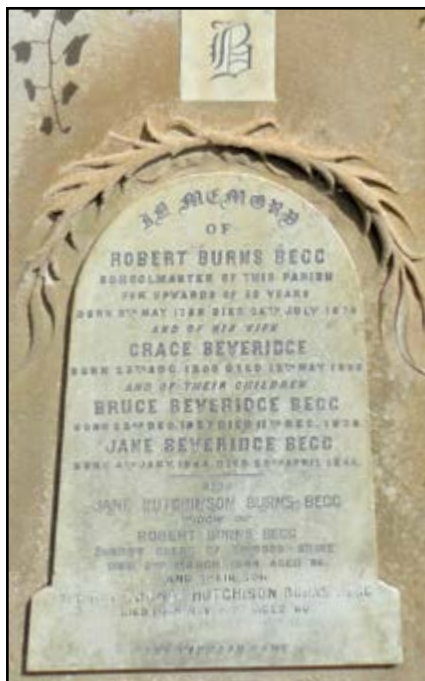
**THE NAME ROBERT BURNS BEGG** is still remembered in Kinross-shire, not just because of a family link with the poet Robert Burns, but also for a significant part played in the community during the 19th century. There were two Burns Begg's with the same name, father and son, differentiated as Robert 'Senior' and Robert 'Junior'. Here we explore how Robert Burns Begg, Senior, came to Kinross where he served for over 50 years as the parish schoolmaster.

It was in 1822 that Robert Burns Begg, Senior, arrived in Kinross to take up the post of schoolmaster at the age of 24. His arrival coincided with the building of a brand new school and schoolhouse in the High Street which was gradually being extended northwards towards the Green Hotel.

The school house where Burns Begg lived until his death in 1878 was demolished in 1905 to make way for a major new extension of the school to a design by the Dunfermline architect Andrew Mitchell. The only surviving image of the old schoolhouse where Burns Begg lived is to be found imprinted on a Mauchline ware box kindly lent to Kinross (Marshall) Museum for display by museum volunteer Ian Smith.

Born in the Ayrshire village of Mauchline on 9 May 1798, Robert Burns Begg was the son of John Begg and Isabella Burns, the youngest sister of the poet Robert Burns. Married in December 1793, John and Isabella had 9 children. John Begg, like many of his time, was a farmer trained as a young man by his uncle on the farm of Roughdyke in the Parish of Sorn.

In 1800 the family moved to Dinning in Nithsdale and ten years later relocated to Blackwood near Lesmahagow in Lanarkshire where John was appointed factor on the large estate of the wealthy Hope Vere family. On 24th April 1813 John Begg was tragically killed while returning from Lesmahagow market when his horse reared and fell backwards, crushing him to death.



Struggling to survive with nine children to look after, Isabella moved to Ormiston in East Lothian where her eldest son William had secured an appointment as parish schoolmaster following a short period as assistant teacher in Dalmeny. Isabella's third son Robert succeeded his elder brother William as a teacher at Dalmeny near South Queensferry before moving to Kinross in 1822.

Isabella eventually returned to Ayr where she lived for 16 years before passing away, aged 88, on 4 December 1858. She was buried beside her father in the famous Alloway Kirkyard immortalised by her brother Rabbie Burns in the poem *Tam o' Shanter*. Many years later, in 1894, her grandson, Robert Burns

Begg Jnr, published a memoir of her life.

In Kinross, Robert Burns Begg, Senior, settled down to marry Grace Beveridge with whom he had ten children. He became an elder of Kinross Parish Church and earned a supplementary income in the 1830s surveying land acquired by the Kinross Estate following the lowering of Loch Leven. The plans he drew are held in the archives of Kinross (Marshall) Museum.

Burns Begg's position as sole parish schoolmaster was a job for life, dispensing education and discipline in equal measure. In 1865 he put a notice in the local newspaper 'asking for help from parents to check lying, swearing, smoking and playing truant.' A year later he was able to report that 'there had been no lying and only once had he heard swearing.' By then Burns Begg was 68 years of age. Two years later in 1868, at the age of 70, Burns Begg was advised 'to appoint an assistant, Mr William Blackstock, to relieve him from teaching duties.' But there was no getting rid of him!

Four years later, on 9 April 1872, a 'Jubilee Demonstration in Honour of Mr Robert Burns Begg, Schoolmaster of the Parish of Kinross' was held in Kinross to mark the 50th anniversary of his appointment. At this special anniversary event Burns Begg was presented with a portrait painted by the Perth artist John Maclaren Barclay, RSA (1811-86). This painting can be found in the Study Room of Kinross (Marshall) Museum.

Still nominally in charge of the school, but with an assistant to help out with teaching, Robert Burns Begg senior lived on in the schoolhouse a further six years until his death on 25 July 1878 in his 80th year. Buried in the parish kirkyard in Station Road, Burns Begg, Senior, received widespread acclaim that included a glowing write-up in the *Scotsman* newspaper where he was described as '*a true man, a steadfast and genial friend, and a thorough gentleman of the old school.*'

**ALL LOCAL  
EMERGENCY  
CONTACT DETAILS  
ARE IN OUR  
NOTICES SECTION**

# The Good, The Bad And The

**THE KINROSS-SHIRE CIVIC TRUST** has just completed a survey of existing types of 'SUDS'. This has nothing to do with the coronavirus and hand washing, but is concerned with Sustainable Urban Drainage Systems – techniques employed by developers in Kinross-shire since the technology became a legal requirement from the formation of SEPA in 1996, and especially under the provisions of the Water Environment and Water Services Act 2003. The work was Phase 1 of the Kinross-shire Civic Trust Raingardens Challenge, a partnership initiative led by the Trust as reported in last month's issue of the *Kinross Newsletter*.

We were interested to learn of the preferences of developers and their engineering consultants and architects, for the various technical options known collectively as SUDS. Our aim is to nudge developers more towards favouring the soft engineering options which are many and varied, but all of which we refer to as raingardens.

Sadly, the survey revealed a substantial preference for the 'hard-engineering' options, rather than the 'soft' ones involving green infrastructure (plants!); 70% of the sites visited were



*Protection of permeable function should have been achieved by using adjacent landscaped areas as raingardens, designed to take runoff from any conventional impervious road area (below), plus any overflow runoff from the permeable paved areas (above).*

using permeable pavements and only 30% were providing vegetation features. All of the 'hard-engineering' examples found involved permeable hard standing created using block pavers with projecting nodules which ensure a gap between each, allowing water to infiltrate (if the sub-base is correctly installed and the surface doesn't get

blocked by soil or other fine material such as runoff from any conventional road or yard areas).

So, you are wondering perhaps what these sites looked like? The two pictures here show the permeable block arrangement you might recognise in your driveway or parking space perhaps. Try pouring some water across it. They illustrate the typical provision of raised soil in flower beds alongside such surfaces, as well as the adjacent impervious access roads. In other words, everything which will jeopardise the long-term performance.

Protection of permeable function should have been achieved by using adjacent landscaped areas as raingardens, designed to take runoff from any conventional impervious road area, plus any overflow runoff from the permeable paved areas.

We did find some quite good examples (it wouldn't take much to fix the example shown here, since the kerbs are not higher than the permeable pavement); it was better than some others.

The 30% of features which were examples of 'green infrastructure' for managing surface water runoff were mainly grass swales (shallow grassy depressions in the roadside verge which accept rainfall runoff from the road). There are some interesting



# Downright Shameful

little sections of grass swale in Burnbank Meadows, Kinross. Local residents told me they had not seen any flooding of the road there due to any issues with the swales in the 10 plus years they had lived there.

The other examples are the length of roadside swale along the West Kinross link road (Junction Road); a swathe of wild flowers in summer, but a little sparse in early spring. The swale is connected with, we believe, a constructed wetland nearby, in compliance with SEPA requirements to produce river quality drainage from the built environment. The wetland is already popular



with pollinators, including small tortoiseshell and peacock butterflies.

In terms of wildlife and drainage effectiveness those features in West Kinross are good examples (scope to be better, but that's achievable hopefully in the coming months). Whilst there are some good as well as a few bad examples, the disregard for public amenity and enjoyment of the green infrastructure features – our community raingardens – shown by a few people is shocking.

There is a litter hotspot where



*Butterflies such as the peacock and small tortoiseshell are greatly encouraged by the proliferation of swale construction, as seen above and below. On the left, a much under-used depository for public litter disposal.*



truckers often park up and eat, discarding rubbish all around. And in the swale itself – including close to council refuse bins – there is litter and dog faeces. Shaming (one person seems to account for several littering actions?) and perhaps enforcement action may be needed to prevent a few people spoiling things for everyone else.

Finally here, thanks to all the people who have offered comments while

walking by at a very safe social distance, during March, including the proprietors of the local businesses visited for the survey. For the latter especially, I hope that the economic impact of the corona crisis can be successfully mitigated soon.

*B.J. D'Arcy,  
for Kinross-shire Civic Trust*

*b.darcy@btinternet.com*

# Eat. Drink. Relax. Coffee. Cake.

## Heaven Scent Mark 15 Years In Business

NESTLED IN A CORNER of Milnathort is Heaven Scent, a remarkable eaterie which this year celebrates 15 years of serving both locals and visitors to the area. Known locally for its amazing coffee, cakes, soup, scones, wonderful breakfasts and much more, it is a popular place to get together with friends and family and enjoy a relaxed meal or coffee in comfortable surroundings. In the current lockdown situation, we can only look forward to those days once again!

Originally belonging to a florist, the shop was once called Scent from Heaven. It was opened as a café in 2005 by Andrew Scott, who refurbished both the interior and the name to transform it into an artisan coffee shop, fulfilling his vision of bringing cool city living to the countryside. The shop has undergone a number of transformations over the last 15 years and the customers love the current antique style colours and quirky features.

Once established as a coffee shop, Andrew took advantage of the good reputation and high quality of the offering to create Heaven Scent Kitchen, offering corporate catering and private catering to businesses and homes around Kinross-shire, Fife and Perthshire. The business now has three vans which can zip up and down the M90



and along the country roads of our beautiful region.

Heaven Scent offer a wide range of breakfasts, brunches, lunches, afternoon teas, speciality hot drinks and home-made cakes. Moreover, they care about where their food comes from. So, whether it's supporting local, independent suppliers, using seasonal produce, reducing food miles or promoting regional dishes, they do everything they can to benefit from Scotland's larder and its artisan producers.

Heaven Scent believe that eating out is one of life's pleasures. It should be memorable and stress-free. As such, they ensure they're that have plenty of multi-allergen-free options for customers with special dietary requirements, including gluten-free, dairy-free, vegan and vegetarian dishes, as well as lots of options for kids. Understanding and enjoying food is vital to the business. The people who join the team share this view, enabling Heaven Scent to frequently update their menus and the dishes they provide.

When the flat above the shop came up for sale, Andrew seized the opportunity to expand further. A cleverly positioned SMEG fridge door provided the secret entrance to the stairs to access Heavens Above with its four charming private spaces, now very popular for celebrations and meetings. A suitably leafy corridor leads to The Secret Garden – a beautifully quiet outdoor space and veritable sun trap. These plus other clever ideas earned Heaven Scent a Star Award for Business Innovation.

This is one of their proudest achievements and they have tried to remain innovative and creative, especially when it comes to catering for customers with special dietary requirements. They also





love that they are a warm, welcoming hub for our local community as well as visitors and travellers from far and wide. On any one day you can look around the shop and see families, pupils from the high school, tourists, grandparents with their grandkids, a rambling group and professionals on laptops. It's such a brilliant mix!

In order to give customers the best possible experience, Heaven Scent only recruit staff who they feel have a special, innate sense of hospitality. Every team member goes the extra mile to make sure customers are always given the top service they deserve, whether eating in-house or using the outside catering service.

While there have been a few bad times over the years, including multiple break-ins and acts of vandalism, the subsequent support of the local community was amazing. The last few months have been brutal and simply unprecedented.

Heaven Scent want you to know that they can't wait to open their doors and be a thriving, lively meeting place once again, and told us, 'We were going to mark this milestone by throwing a birthday party weekend at the end of May with a barbecue, live music, amazing food and cocktails. That plan is now sadly on hold but we'll be sure to celebrate in style as soon as we can.'



### Need to check something in an old Newsletter?

Consult our electronic archive at [www.kinrossnewsletter.org](http://www.kinrossnewsletter.org)

## STILL HOPING TO GO AHEAD!

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# A Beginner's Guide to Internet Security

*Do you have adults and children trying to work from home?  
It does no harm to check that your computer is as safe as it can be.*

**COMPUTER SAFETY IS TAKEN** for granted when we're at work or at school. But whether you're five or fifty years old, working from home can create perils many of us have never had to consider.

If you are using your computer or laptop to access the internet it is extremely important that you think about the security of your device, and the information stored on it.

The biggest reason for having good internet security is to stop yourself from falling victim to online scams. This is especially important if you do online banking, because your financial information could potentially be exposed to online scammers.

Financial scams aside, there are many other reasons why hackers may target you as a home user including information harvesting, identity fraud and simply to spread viruses from computer to computer.

Luckily, internet security can be fairly easy to master and, with a few simple measures in place, you can stay relatively safe.

## Ensure your antivirus is up to date

**THIS IS THE SIMPLEST** way to protect yourself whilst online, although it is something that many users overlook. An antivirus program will monitor your computer in real time and protect you

against most known threats including viruses, trojans and suspicious websites.

There are lots of antivirus programs available and most providers offer free and paid versions. Generally speaking, the protection offered by free antivirus programs is more than sufficient.

We've put together a short list of the best free antivirus programs available today.

## Avast Antivirus

<https://www.avast.com/en-gb/index#pc>

Avast antivirus is a great product that is easy to install, doesn't slow down your

computer and protects you against most of the common antivirus threats out there. You can download and install the free version directly from their website. Avast also have a premium version of their antivirus software which has additional features such as webcam spy-protection and sensitive file shredding.

The only downside to Avast is that they quite often advertise their premium products to you, via the free antivirus program, but you can safely ignore those advertisements as the free version offers ample protection for the typical home user.

*Cont over*



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## Features

Continued from previous page

### Panda Antivirus

<https://www.pandasecurity.com/en/homeusers/solutions/free-antivirus/>

Panda antivirus have a similar offering which is also free. Like Avast, the Panda antivirus software is also fairly lightweight, meaning it won't slow down your computer. The protection offered via the free version is also ample for the average home user.

Panda have several premium products as well, ranging from premium antivirus to VPN software which keeps your identity hidden whilst you browse the internet (A note on that later).

### Microsoft Windows Defender

<https://www.microsoft.com/en-gb/windows/comprehensive-security>

A lot of people don't realise this, but Microsoft actually have their own, totally free, antivirus program called Windows Defender. This comes built in with Windows 10 and will be active by default, unless another antivirus program is installed (In which case it is automatically disabled).

There are two great things about Windows Defender – the first one is that it's a truly free antivirus with no premium versions and no annoying up-sells. The second is that it is extremely lightweight compared to most other antivirus programs, so it does not slow down your computer, or disturb you in any way.

A final note on antivirus programs: as we've mentioned previously, any of the free programs mentioned in this article offer more than sufficient protection for the average home user. The premium versions do have additional features to protect you whilst online, but they exist as much to make the paid version more enticing as they do to actually improve your online safety.

This is particularly true with VPNs which all of the antivirus providers are now pushing. Whilst a VPN does technically hide your identity whilst you browse the internet, it is a little bit like driving to the supermarket in a bullet proof hummer. In reality, the data sent and received by your computer whilst you browse the internet is adequately protected during transit and won't be accessible by anyone, so a VPN really is overkill and more likely to slow down your computer than offer any useful security enhancement.

### Email Security

Emails are probably the most common source of viruses and scams as they offer an extremely easy way for would-be hackers to infiltrate your computer system, or at the very least, get their message in front of you.

Whilst your antivirus program will offer some level of email security by default, the best way you can protect yourself from email scams is through diligence. The truth is that hackers are well aware of most antivirus programs being able to protect against traditional viruses and so they have resorted to psychological scams – tricking the user into carrying out some action, such as clicking on a link, entering their password into a fake contact form or simply transferring money to them unwittingly.

### How To Spot Scams

The best form of defence with these new-age hackers is learning how to spot the scams, so that you won't fool for them in the first place.

There are a few simple rules that you can follow, in order, when deciding on the legitimacy and safety of an email:

- **Does the email require you to take action such as clicking on a link, opening an attachment or following a written instruction such as transferring money?** If the answer is yes, the email should immediately be considered suspicious until it can be proven otherwise.

- **Do you recognise the sender?** Look carefully at the sender's name and email address; If you don't recognise them, or anything looks suspicious, consider the email as being fraudulent. Even if you do recognise the sender, don't assume it's safe; hackers can easily fake these details.
- **Were you expecting this specific email?** If you think you know who the email is from, but were not expecting an attachment from this person, or an instruction to do something for them, the email should still be treated as suspicious and you should contact them to confirm its legitimacy.

### Stay Safe Online

It is important to remember that when you are on the internet your computer is potentially exposed to the world and there are always people out there who will exploit you or your device given the opportunity. Hackers have also become much bolder in their approach, often using impersonation and other psychological tricks in order to defraud innocent people online.

Following the steps outlined in this article will keep you safe from these cyber-criminals and allow you to enjoy the abundance of information and services that the internet has to offer.

*If you have further concerns about your online security, please contact Qwerty IT Services Ltd on 01738479564 or [info@qwertyitservices.co.uk](mailto:info@qwertyitservices.co.uk)*

## TEMPORARY PROHIBITION OF LOADING AND PARKING

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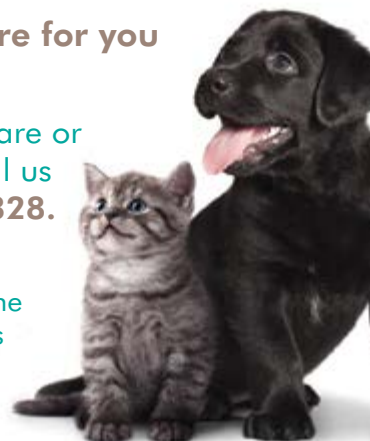
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## Poet's Corner

**THIS MONTH'S POEM** comes from none other than our very own councillor Michael Barnacle. He writes:

*I wrote this decades ago when my late wife Mary and I lived south of Edinburgh and did a lot of walking in the Border Hills. She always pointed out the skylark to me and was a lover of their song. So, at her funeral in August 2017, my poem featured along with Ralph Vaughan Williams' composition, The Lark Ascending, recently voted Britain's favourite piece of classical music.*

If you're an aspiring poet, send us your best work and let us share it with our readers.

Email us at [editor@kinrossnewsletter.org](mailto:editor@kinrossnewsletter.org)



## The Lark Ascending

*(Compliments to Vaughan Williams)*

Early morning mist  
On open moors  
Calls the whispering tune,  
Haze pierced,  
Sun kissed  
Clouds fly from hilltops.

The lark rises,  
Leaves teeming heather,  
Fills the new day  
With song lifting  
Upwards and away.

Far above the landscape,  
Looking down;  
Deer move slowly  
Along distant paths,  
Hares run at startling sound.

The lark soars,  
High and clear  
Of the earth,  
A scene oft repeated  
Little noticed by men  
The preserve of nature  
Essence of its music

Michael Barnacle

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# Health & Wellbeing

## News from the Health Centre



### Corona virus (COVID-19)

Do not come to the Health Centre if you have coronavirus symptoms (new, continuous cough, temperature above 37.8 degrees celsius). If you are unwell or have concerns please consult the NHS Inform, or if you need more help, call 111. The Health Centre does not offer testing for corona virus. Due to current pressures you will notice some essential changes at the Health Centre:

#### Appointments

If you have an acute, non-corona virus related condition requiring attention call us on 01577 862112. Details will be taken and a clinician will call you back. Should you be asked to email us, our email is [lochlevenadmin.tayside@nhs.net](mailto:lochlevenadmin.tayside@nhs.net)

*Long-term Condition Clinics (asthma/diabetes etc):* All clinics are currently cancelled.

#### Prescriptions

**DO NOT** come inside the Health Centre with prescription requests. You can put these into our external mailbox, submit online, to local pharmacies or call us on 01577 862112 after 10am.



Allow 2 days for your prescription to be ready at pharmacy. If you have at least 2 weeks' supply left, please wait to re-order. Paracetamol and ibuprofen will not be prescribed unless you have had them prescribed in the last six months. Inhalers will be limited to one of each type per person, only where this has been prescribed in last year. Prescriptions can be collected from Rowlands (Kinross) or Davidsons (Milnathort).

#### Additional Support

**Kinross Kindness** 01577 212036

Offering support for the local community, particularly during the corona virus outbreak, and offering practical support for those self-isolating.

**Asthma Support** [www.asthma.org.uk](http://www.asthma.org.uk)

**Chest, Heart and Stroke Scotland** [www.chss.org.uk/](http://www.chss.org.uk/)

**COPD Advice** See [www.lochlevenhealthcentre.co.uk](http://www.lochlevenhealthcentre.co.uk)

**Counselling and Recovery** [Mindspacepk.com](http://Mindspacepk.com)

**Cervical Screening Testing** [www.nhsinform.scot/healthy-living/screening/cervical/cervical-screening-smear-test](http://www.nhsinform.scot/healthy-living/screening/cervical/cervical-screening-smear-test)

## Breathing Out Of The Box

**WE WOULD LIKE TO** let everyone know that Heart and Soul Holistic Centre are sending love and compassion to you all at this challenging time.

Our therapists are ready and willing to talk and comfort anyone over the phone who may be experiencing anxiety, fear, depression or loneliness.

Over the last few weeks, it has been normal for most of us to have felt an overwhelming load of emotions; anxiety, fear, loneliness, frustration and sometimes lack of sleep and erratic dreams. These are all normal at times like these.

Looking after yourself is important! Give yourself a break and try not to compare yourself to anyone else. Rest when you need to. Your body will feel more tired than normal, even though you may be doing less, because your nervous system is under a massive amount of stress. Fight or flight mode uses a lot of energy. We need to find a feeling of control and the easiest way is ... breathing!

Box breathing is a simple technique that a person can do anywhere, including at a work desk or in a cafe. Before starting, people should sit with their back supported in a comfortable chair and their feet on the floor.

1. **Close your eyes. Breathe in through your nose while counting to four slowly. Feel the air enter your lungs.**
2. **Hold your breath inside while counting slowly to four. Try not to clamp your mouth or nose shut. Simply avoid inhaling or exhaling for 4 seconds.**
3. **Begin to slowly exhale for 4 seconds.**
4. **Repeat steps 1 to 3 at least three times. Ideally, repeat the three steps for 4 minutes, or until calm returns.**

#### Useful tips

1. **Cry if you need to cry! Don't suppress your emotions, they will only represent themselves again but perhaps more strongly.**
2. **Laughter is a great medicine, watch a comedy or phone someone who makes you laugh.**
3. **Gratitude. Write a gratitude list of all the things you are grateful for from the minute you wake up in the morning. This can change your mindset.**
4. **Shared humanity – know that we are all going through this together globally and there will always be someone else feeling exactly as you are right now.**
5. **Say to yourself 'all is well and this will pass' and repeat until your brain rewires and you start to calm down.**

Meditation doesn't have to involve sitting in a yoga pose. You can go for a walk and enjoy nature, listen to comforting music or mantras, or draw or paint but often a guided meditation before sleep can really help soothe the brain. If you would like to join us for meditation online, we are offering classes on a Sunday, Wednesday and Friday evening FREE of charge, or we can send you some recordings.

Please enjoy staying home and take this time to rest, recharge and re-evaluate your life. What is serving you and what do you need to let go of in order to live a more balanced and peaceful life? May you find comfort and wisdom from this and always know we are here to help.

*Zoe Tod, founder of Heart and Soul Holistic Centre*

# Snooze Or Lose...

**Not sleeping well? Worry and uncertainty are prime causes of sleeplessness. We look at the best ways to get a good night's rest.**

**IF YOU ARE HAVING** trouble sleeping during this period of uncertainty and worry, you are certainly not alone. While a good night's sleep is something that many of us struggled to achieve before the onset of corona virus and lockdown measures, it is now something that affects many more people. Not getting enough sleep can be upsetting and certainly doesn't help with your stress levels. It can also have an impact on your physical health. What can you do to improve your chances of a better sleep pattern?

## Routines

A good bedtime routine is not only useful for small children. As far as you can, you should try to establish a routine in terms of going to bed at the same time each day. This programmes your brain and internal body clock. Most adults need between 6 and 9 hours of sleep every night. It is also important to try and wake up at the same time every day. Avoid trying to 'catch up' on sleep after a bad night, as doing so regularly can disrupt your sleep routine.

A daily routine is also useful, with planned activities to keep your mind busy throughout the day. Daytime naps might have an impact on your sleep at night – and while these are usually discouraged in order to produce better sleep overnight, it's



worth remembering that this is an unprecedented situation for everyone. If your mental health is suffering and you want to take a nap more often, be kind to yourself. Listen to your body.



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### The Bedroom

If you are using your bedroom as a work space, you could consider setting up a dedicated work space elsewhere in the house. Working in your bedroom can prevent you from mentally separating your working mindset from your relaxed, leisure time mindset. Try to keep the two mindsets distinct, so that you can focus on your downtime and leave work behind you, especially when you are trying to sleep. Try to go to bed early to leave time for you to drift off to sleep. Your bedroom should be a relaxing environment. Experts claim there's a strong association in people's minds between sleep and the bedroom. Your bedroom ideally needs to be dark, quiet, tidy and be kept at a temperature of between 18C and 24C. If you're disturbed by noise, consider using earplugs. Blackout curtains, eye shades, 'white noise' machines, humidifiers and fans may also all be useful sleep-aids.

### Get Some Exercise

As well as keeping yourself busy throughout the day, getting in some exercise is one of the best things you can do for your brain and body to help you sleep better. However, vigorous activity close to bedtime might not be the best idea, as it could keep you awake. For this reason, try to get some exercise done during the day or in the early evening, at the latest.

### Winding Down

Anxiety can be heightened by constant exposure to the news or other internet content, like social media. While most of us do not want to completely ignore it all day, you can control or limit your exposure to it. It's especially helpful to reduce your consumption of screen time in the hours before you go to bed. The light from the screen on smartphones, tablets or other electronic devices may have a negative effect on sleep. Try not to watch the clock.

Winding down is critical when you are preparing for bed. You

could try a warm bath (not hot) to help your body reach a temperature that's ideal for rest. You might want to write a diary, or a list, to organise your thoughts and clear your mind. Sharing your worries with a friend on the phone, or writing them down, can relieve a huge amount of the strain you're feeling and lead to better sleep.




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## Herbal Health

With the coronavirus outbreak, health has become a priority for all of us. However, it isn't easy for our body to cope with a less active lifestyle during lockdown. So, here are a few ideas to help us maintain our immunity, metabolism, and wellbeing during the crisis.

Vitamin D has been found to be one of the most effective nutrients in dealing with viruses in the environment. It helps to fend off infections and help our immune system cope when things become challenging. One of the best sources of Vitamin D is daylight, though this can be hard to obtain with our northern climate and when our time outside is limited! Consuming foods rich in Vitamin D such as salmon, fish, eggs, cheddar cheese and mushrooms will give your metabolism and immunity levels a natural boost. Good quality vitamin D3 supplements will also help.

Alongside this getting plenty of sleep, reducing smoking and managing alcohol consumption can help manage stress. A really simple remedy for anxiety and stress which is suitable for almost everyone is chamomile. It can be bought from supermarkets as tea bags and can be consumed hot or cold. It's a simple solution for anxiety and tension, mild insomnia, soothes sore throats and upset tummies. It's a great remedy to pop in the bath for unsettled kids. It was my go-to when my kids were smaller and had a cold, upset tummy or just couldn't sleep. Just put a couple of teabags in the bath under the hot tap. Job done. Tilia (linden) works really well in tandem with chamomile and is another really useful remedy in these times, soothing digestion and reducing tension in body and mind. However, it can lower blood pressure in some people,



*Chamomile flowers*

so please do not consume if you know or suspect your blood pressure is already low.

Anti-inflammatory foods like turmeric, tomatoes, olive oil, oily fish and walnuts also help boost immunity. Fibrous foods also give the body plenty of essential nutrients which help our immune system and they are packed with vitamins and minerals too. From a herbal point of view echinacea and elderberry supplements are useful and can be easily purchased from a pharmacy. If you are a current patient or seeing a herbalist, you can discuss what immune and antiviral herbs are appropriate to be added to your prescription.

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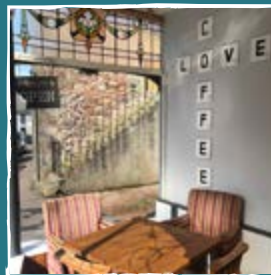
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# Community Council News

The Community Council News is based on draft minutes of local CC meetings. Full draft minutes are posted on local websites and notice boards. Please note, the Community Council News is not a verbatim reproduction of CC minutes. Where there are two months' worth of reports, there will be a considerable amount of editing.

## Neither Kinross nor Portmoak held Community Council meetings in April.

### Fossoway and District CC

#### News from the April Meeting

**As it is not currently possible to hold physical meetings of the CC it was decided by the CCLRs that we should publish this description of what would have been discussed, including any updates that we are aware of. Members of the Public are encouraged to comment on and question the items below, by email to [fossoway.cc@gmail.com](mailto:fossoway.cc@gmail.com) or via the CC's Facebook page, which we will answer in our next meeting, be it virtual or physical, on Tuesday 5 May.**

**Contributing:** Community CILRs S Bruce-Jones, A Cheape, T Duffy, C Farquhar, C Haigh, M Haigh, N Marchant (Associate), G Pye and R Young; P&K Councillors M Barnacle and C Purves.

**Police report:** There were no incidents to note in our area since the last CC Meeting from the Commander's Reports received via Perth and Kinross Community Watch. The CC has received an email from Inspector Craig Stephen introducing himself as the new Police Inspector for South Perthshire.

**Minutes of the previous meeting:** The minutes of the March meeting will be signed off once normal meetings resume. Any significant decisions made during these virtual meetings will be brought to the next physical meeting to be formally ratified.

#### Matters Arising

**Rumbling Bridge Gorge Bridge:** The next phase of the project would be an official flood risk assessment, a tree survey and a pre-planning application. Of course all this has come to a stop for now.

**Powmill in Bloom:** CCLlr Farquhar reported that the Well Kept Village judging took place on 16 March. There was general praise for the lack of litter. Powmill was given two stars for the most improved village and overall was in second place after Kinnesswood.

**Crook & Drum Growing Together:** CCLlr Duffy reported that the Crook of Devon area was also judged on 16 March – Crook of Devon was given two stars and came third in the contest. The CC would like to congratulate all those involved. As the plug-plants ordered from PKC will not now be delivered, much of the planting plans will have to be rethought – the group will use their own seeds to plant up as much as possible. The scheme to provide hanging baskets or tubs is continuing in the background – baskets are being prepared ready to be delivered.

**A977 Mitigation:** CCLlr Barnacle reported that due to Government restrictions, all roadworks are currently suspended.

**Bank of Scotland Kinross Branch Closure:** This CC continues to oppose the proposed closure of the Bank of Scotland branch in Kinross, proposed to take place this summer.

CCLlr Marchant attended a meeting with Liz Smith MSP and her adviser David Siddle, Patrick Leavey and Philip Moran from BoS, business leaders in Kinross, CCLlr Purves and others on 9th March at LLCC. The Bank explained that the closure was driven by the low number of customers visiting the branch. Other options: Service Only Branches, Advisory Branches and Community Branches had been considered but could not be justified. The Bank's principal alternative is the use of the Post Office with

whom they have a commercial arrangement. A mobile bank will visit Kinross weekly for four hours. The Bank agreed to CCLlr Marchant's proposal for a review meeting two months after closure.

Subsequent to the meeting, the CC considered that, in the light of the current corona virus crisis, an approach should be made to BoS to delay the closure until the end of the year, since it will be difficult for BoS to meet its promise of face-to-face meetings with affected local businesses and customers. A letter has been sent to Patrick Leavey at BoS, with copies to Liz Smith MSP and local councillors. Mr Leavey has responded stating that at this time they were not considering deferring the closure but support of customers during the Covid 19 pandemic was an ever-changing situation and he will keep the CC advised of any changes.

CCLlr Purves reported that Liz Smith MSP has also written to BoS requesting a deferral of the closure.

CILRs Barnacle and Watters have sent a letter to John Nicholson (MP) opposing the branch closure and asking for his support, pointing out that this would be the last bank branch in Kinross-shire whilst there are increases in development and population. They also drew attention to a 2019 report on 'Access to Cash in Scotland' which called on banks to preserve a banking facility in every large town.

**Fossoway Area Transport/DRT:** CCLlr Barnacle has circulated membership and contact details with the aim of holding a meeting of the local transport group once restrictions on physical meetings have been lifted.

**Fossoway Gathering:** CCLlr Duffy reports that sadly the Gathering on the 23 May has been cancelled. There may be a smaller event in September. Meanwhile, the Whisky tasting night was a success with over £500 raised. Plans have already been made for further fundraising events in the autumn.

**Crook Moss Travellers Site:** CCLlr Barnacle has been unable to get in touch with the drainage contractor so it's not clear if this work has been carried out. CCLlr Barnacle's meeting with the PKC CEO to discuss issues at the site has been postponed.

**Blairingone War Memorial:** CCLlr Barnacle has been unable to speak to Tam Carroll's stone mason.

**Coulshill Forestry Development:** CCLlr Marchant attended the open day at Muckhart and provided input to the Developers emphasising that new forest trails should be clearly linked to existing paths i.e. from Glendevon to Auchterarder. The development will include planting of native trees as well as commercial trees. As the area is likely to be regularly used by walkers a request for bins to be placed in car park was made. A response has been received thanking the CC for our contributions.

**Ivy Cottage Powmill:** CCLlr Barnacle has emailed Isobel Butt to find out whether there has been any progress on issuing the CPO.

**Fossoway Tennis Club:** The planning application sponsored by the CC is uploaded to the Planning Portal but is not yet submitted, pending resolution of a way to make the payment without physical transfer of cheques.

**Community Development Trust:** CCLlr Barnacle has emailed CCLlr Duffy with suggestions for how this might be set up when possible.

**Cemetery Car Park Extension:** CCLlr Barnacle suggested that David Chisholm from the Church should lead this activity. The CC has previously taken the position that it would need to be

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### Corona Virus – Information and Links:

The CC reminds everyone that there are a vast number of inaccurate sources of data on social media and in the news, and it's also important to remember that some things are different in Scotland from England. There are also a number of scam emails from Amazon, HMRC, etc. circulating – never click on links in such messages, instead go directly to the organisation's website to check the message is genuine. You will never be asked provide bank details via an email.

Affected businesses should be especially careful to only obtain information on benefits, tax, furloughing, etc. from trustworthy websites, e.g. those ending in gov.uk.

A message from PKC's Chief Exec is here: [www.pkc.gov.uk/article/21647/A-message-from-PKC-Chief-Executive-Karen-Reid](http://www.pkc.gov.uk/article/21647/A-message-from-PKC-Chief-Executive-Karen-Reid) and the impact on PKC's Services is described here along with other useful links: <https://www.pkc.gov.uk/coronavirus>

For volunteering Opportunities – see: [www.readyscotland.org/coronavirus/volunteering](http://www.readyscotland.org/coronavirus/volunteering)

PKC are also asking people to register their volunteering status (i.e. offer, or record current commitments) so they can create an overall list. Go to this link: [https://my.pkc.gov.uk/service/Volunteer\\_during\\_COVID\\_19](https://my.pkc.gov.uk/service/Volunteer_during_COVID_19)

There are a number of useful links for affected businesses on the Growbiz website: <https://www.growbiz.co.uk/coronavirus-support>

The Crook of Devon Resilience Group is providing an errand running service for anyone who is in self isolation – they can be contacted via their Facebook page: [www.facebook.com/groups/232292831156810/](https://www.facebook.com/groups/232292831156810/) (Note: this page is members only.) Leaflets have also been distributed to over a thousand houses in the area to be covered with other contact details. Some members of the CC are already successfully using this service, and the CC congratulates the Group on this initiative.

Support and Resource Guide for Scottish Charities Affected by COVID-19 (from local solicitor J & H Mitchell):

[www.jandhmitchell.com/desktop/web/ckfinder/userfiles/files/Updated%20-%20JHMitchellSupport%20for%20charities%20affected%20by%20COVID310320.pdf](http://www.jandhmitchell.com/desktop/web/ckfinder/userfiles/files/Updated%20-%20JHMitchellSupport%20for%20charities%20affected%20by%20COVID310320.pdf)

### Crook of Devon Resilience Group:

Since this group has been set up so quickly, they don't currently have a bank account and this CC has been asked by PKC to help by processing the group's financial transactions through the CC's bank account. The CC members have discussed this proposal by email and voted in favour of agreeing to help.

### P&K Councillors' Reports

**Mike Barnacle:** The PKC budget was debated during a marathon session on 6th March. Five separate budgets were presented. The Independent group proposed a 2.5% Council Tax increase for 20/21 and 3% for the following two years, that from the Lib Dems 4.83% and 5%, 4.28% and 4% from the SNP and 4% for all three years from the Tories. There was a further budget proposal from Cllrs Purves and Stewart that included efficiency savings that would require no increase in Council Tax at all – in the absence of Cllr Stewart, Cllr Barnacle supported this proposal. In the end an agreement was reached on a budget combining the SNP and Tory proposals that raised Council Tax by 4.28% for the next three years – Cllr Barnacle noted that none of the other proposals included any significant items covering Kinross. Although the original proposal to remove further School Crossing Patrols was not eventually included in the final budget, the previous decision to remove the patrol at Crook of Devon has not been reversed, so Cllr Barnacle has written to Cllr Murray Lyle requesting this be postponed while there is no 20mph limit in place.

Cllr Barnacle has received positive responses from half of the Drummond Park residents about the road adoption, but will need to write to the others again to remind them.

**Callum Purves:** PKC are currently focusing their corona virus efforts on those people who are most at risk. Cllr Purves encourages everyone who can to add their names to the PKC volunteer list (see above) or join a local resilience group.

As described by Cllr Barnacle, the PKC budget has been agreed, and the majority of previously advertised cuts did not go ahead, as a result of increasing Council Tax. The budget proposal from Cllrs Purves and Stewart included extra investment into education, rural economic development and our communities, was not reliant on a Council Tax increase and made no impact on reserves.

PKC have currently suspended all of its committees, including planning, meaning that all applications will take longer to process. Cllrs have sought assurances that no major applications will be determined under delegated powers. The first virtual planning meetings will be held during the week commencing Monday 27th April. There are no details yet of how the public may be involved in these meetings, or whether the LRB will be held in the same manner. Meanwhile representatives from each group on the council are meeting weekly with the Chief Executive to continue their role as elected members in scrutinising the activities of the council.

Finally, Cllr Purves stressed that the Cllrs will still be available and will assist where possible, and they will point constituents to best sources of further help.

### Planning Matters

**20/00166/FLL** Erection of a dwelling house, formation of retaining wall with railings, hardstanding, parking area and associated works at Land 40 metres south of Craighead Bungalow, Drum. No CC Comment.

### Decided Applications

**19/01826/FLL** Demolition of agricultural buildings, erection of a dwelling house and extension to stable Land 20 metres north west of Coachhouse, Crook of Devon. Approved – the CC did not comment.

**20/00127/FLL** Demolition of bothy and erection of dwelling house and garage, Land 20 metres south west of Craighead Bungalow, Drum. Approved – the CC did not comment.

**20/00150/FLL** Extension to dwelling house Burnside, Vicar's Bridge Road, Blairingone. Approved – the CC did not comment.

### Appeals

**19/01881/IPL** Residential development (in principle), land 80 metres north east of Powmill Milk Bar, Powmill.

The applicant submitted an appeal to the LRB on 17 March. Representations can be made until the 14 April; the CC is a little disappointed about the short time available to comment. However, meetings of the LRB are currently suspended, so it's not clear when this appeal will actually be heard.

Local residents are submitting additional comments: Thomson Homes intend to develop their site in 2024/25 and hence it is incorrect of the applicant to assume that their site is needed to meet housing needs in the area. Development of the site will probably increase the already substantial flooding problem due to removal of bushes and trees – this is contrary to LDP Policy 52. Significant alterations to Aldie Road and other tracks will be needed to access the site – LDP Policy 60B requires developments to be accessible to all modes of transport, but there is already a well-known deficiency in public transport in this area.

### Pending Applications

**19/01539/FLL** Erection of four dwelling houses at Land 30 metres south of Easter Muirhead Bothy, Blairingone. No decision as yet.

**Insurance:** PKC have informed us of a decision by the Association

## Community Council News

of British Insurers (ABI) that waives requirements to update motor or house insurance to reflect changes in behaviour due to the current situation. For example volunteers may use their vehicles to deliver shopping and medicines, transport patients and supplies for the NHS etc. Full details on the ABI website.

### AOCB

CCLr Duffy reported that there is now a defibrillator in Blairingone, situated at Sheildon House, Vicar's Bridge Road. It was paid for by a grant from the British Heart Foundation and Exxon Mobile Cowdenbeath and was organised by Judie Buchanan Cook.

In the middle of last year there was concern about the difficulty of horse riders and cyclists passing through the gate on the Aldie Road to Drum path. George Lawrie of the TRACKS group had agreed to install posts with catches so the gate could be held open temporarily. CCLr Young reported that this work has still not been done. The CC will write to Mr Lawrie to ask about the plan for this work.

**The next meeting of Fossoway and District Community Council will be held on Tuesday 5 May 2020 and will be a virtual meeting unless Government guidelines have changed.**

## Milnathort And Orwell Community Council

### News from the April meeting

It goes without saying that the community council was unable to meet on 9 April as planned, but that doesn't mean that members have been resting on their laurels.

Business goes on as usual behind the scenes, and anyone who has any issues they wish to raise can do so by emailing [communitycouncilmilnathort@gmail.com](mailto:communitycouncilmilnathort@gmail.com) or phoning 01577 865516.

Among the discussions that have been taking place (virtually of course) is how, once this nightmare is over, we can most appropriately acknowledge the hard work and dedication of so many members of our community. Watch this space!

Meanwhile, staff in Davidson's Pharmacy and Giacomazzi's are to be praised for their efforts during such difficult times; they've remained helpful and courteous throughout and have gone the extra mile to ensure that the most vulnerable people in Milnathort are receiving the essential food and medication they need.

And the thanks of the whole community must go to Milnathort resident Tim Mart, who was instrumental in establishing Kinross Kindness, an amazing group of volunteers who've helped countless residents during this crisis. Their efforts have even been acknowledged by the Scottish national media, and rightly so.

The community council would also like to applaud all those NHS staff and care workers living locally whose commitment in the most difficult of circumstances has been humbling.

Potholes and planning applications may seem trivial in comparison but life goes on. One planning application has been received since our last meeting, which is 20/00374/FLL, extension to 6 The Stackyard.

We've also received some correspondence from Perth and Kinross Council relating to funding opportunities, all of which have been forwarded to Kinross Kindness.

Also among the correspondence from PKC was a reminder of the Right to Roam legislation. This remains largely the same, but with rights come responsibilities and we've had complaints from members of Milnathort Golf Club about people taking advantage of the course while it is closed. Please note that members are paying for the upkeep of the course until it can re-open, so please don't walk your dogs or play football there

as a matter of courtesy. We are very fortunate to live in such a lovely part of the world and there is plenty of room for everyone to enjoy their daily exercise.

**The next meeting of Milnathort Community Council is due to be held on May 14, but is unlikely to go ahead. Stay safe and keep washing your hands!**

# STILL HOPING TO GO AHEAD!

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# Club & Community Group News

## Portmoak Community Woodland Group

[www.portmoakcw.org.uk](http://www.portmoakcw.org.uk)

Have our community woodlands ever been so valued? Not only have lockdowners been taking their daily exercise there, from all over Portmoak, but folk have had time to notice just how much wildlife they contain.

There's plenty of space, in both Portmoak Moss and Kilmagad Wood, to dodge other people and now that meetings and group tasks have been suspended there have been lots of exchanges about what's out there.

It started with a few emails between members of Portmoak Community Woodland Group and now we're getting daily reports from our wider mailing list, not only about the woodlands but all sorts of other places.

Although the pandemic is grim, these 'nature notes' have helped keep our spirits up. They range from expert identifications to the puzzled observations of amateur naturalists. Comments include the following:- 'There is frog spawn in my pond – an immaculate conception, I never saw any frogs'.

'I met a couple of mating frogs on the Loch path on my cycle run yesterday....'

'Hi, in the last couple of days, we have seen boxing hares near Grahamstone, frogs, toads, and frogspawn in the pond near Grahamstone, yellowhammers, deer, and a red squirrel in Kilmagad Wood....'

'I was up at the top of the golf course and nearly stood on a male pheasant who was clearly sitting on a nest. This is usually the female job. Any ideas?'

'Four herons today, female swan on nest, male keeping a close eye on things, chaffinches, goldcrest, willow warbler (I checked out their sound on line).'

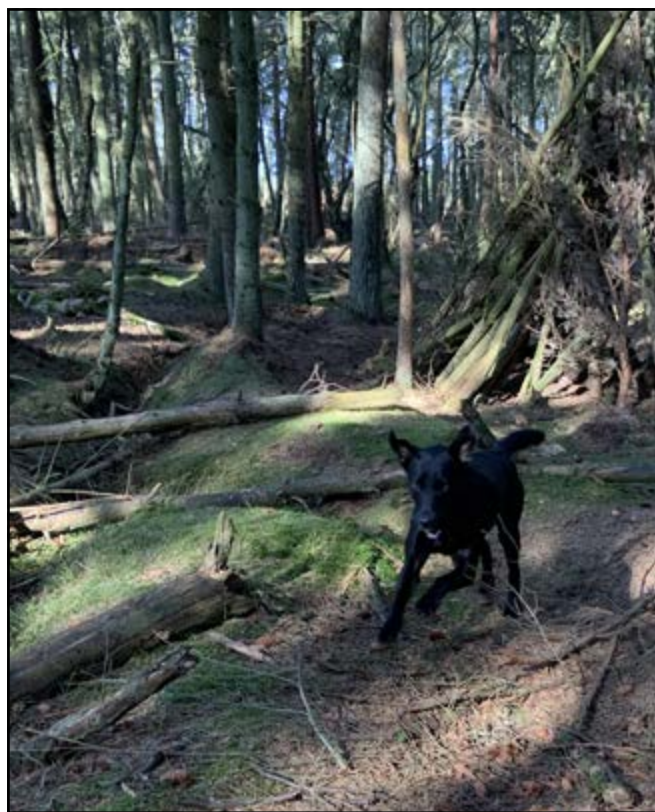
'This squirrel has a very bright tail end ... umm ... that didn't sound right. The end of its tail is very light, almost like it's been dipped in bleach. Sounds better.'

'Willow warblers, chiffchaffs and blackcaps singing at the south end of the Moss, towards the gliding field this evening.'

'The green woodpeckers and jays are in fine voice (in the Moss). The jays sound horrendous but nice to have them.'

'Lovely! I was out extra early this morning and saw a hare running across a field at Grahamstone. My eyes were watering so much due to the cold wind that all I saw was a brown fuzzy thing sprinting to the field edge.'

'Fifteen roe deer spotted together close to the Moss in the fields – though more often split into herds of 7 and 8.'



Portmoak Moss

Some people didn't have to go beyond their front doors for some interesting sightings.

'Did we tell you that whilst we were out in the street saluting the NHS on Thursday last I noticed a pair of swallows had re-occupied last year's nest on the house opposite us?'

'House martins have returned to their nesting sites in Scotlandwell. And the first of the rooks nests behind the wash house have chicks. Only one nest last year and 17 this year...'

'Just saw loads of swallows (at least 10!) flying around. Spring has sprung [in Scotlandwell]'

'For the last two nights, bats buzzing around the house.'

'Hedgehog droppings at Kilmagadwood.' (This was followed by an actual hedgehog turning up in a neighbouring garden).

'Saw 3 jackdaws on Sunday morning... unfortunately they were in the downstairs bedroom.'

For some guidance on what to look for in Portmoak Moss we have commissioned a fantastic booklet for children which we think adults will also enjoy. We were planning a proper launch and distribution of hard copies of the booklet but, as we can't do that, for the time being, we've made it available as a download on our website. Enjoy!

We plot and plan all these outdoor activities in the warmth of the Well Inn, Scotlandwell, every third Tuesday of the month at 7.30pm. Do come and join us, just not for the next wee while!

## Kinross Garden Group



The AGM and the final talk of the winter season on 9 April – with Mike and Sue Thornley from Glenarn in Helensburgh had to be cancelled, due to the current situation.

## Portmoak Hall 100 Club

### March Draw

1st	No 22	John Aitkin, Scotlandwell
2nd	No 77	John Tulloch, Kinnesswood
3rd	No 63	Violet Sherratt, Kinnesswood

Our first outing of the season, on Thursday 14 May, which was to be a visit to two local gardens – Arndean by Blairingone and Kirklands in Saline has been cancelled also. We have also cancelled the visit on 11 June to Thirlstane Castle in Lauder. Members have been informed about this by the Committee.

If you require more details about the summer visit programme or membership of the Kinross Garden Group contact Caroline Anderson on 01577 864589.

Membership fees this year are £20 for the year and £5 for visitors. If you are new to Kinross-shire and interested in meeting fellow garden enthusiasts you will be made very welcome. *For more details contact Caroline Anderson on 01577 864589.*

## Common Grounds

[www.spanglefish.com/](http://www.spanglefish.com/)  
[commongroundscharitycafe](http://commongroundscharitycafe)



Sadly, like everyone, we had to close our doors. However, thanks to technology, we have been active in many ways. Praise must go to Jacky Chalmers for her initiative as we linked in with Haiti Help and celebrated Easter with the purchase of hens whose eggs will help feed the children of La Gonave. In total, 22 hens were bought and £330 was raised. Each volunteer was invited to name their purchases and an Easter egg was the prize for the one judged to be the best by Lou of Haiti Help. Congratulations to Maureen and Bill Blair for 'Attila'.

Our next challenge was to see how many words one could get from, yes, you've guessed it, 'corona virus'. Airwaves were busy but our joint winners were Gaylor Hoskins and Linda and John Colebourn with scores of 140 plus! Go on, give it a go! A muffin fairy delivered freshly baked spiced buns to the doorsteps of all who posted scores. They made all efforts worthwhile!

Giving our brains a rest, we moved on to creative skills and

asked for photos of anything that brought a smile or marked a sense of achievement to be shared. The volunteers then voted for their favourite. Lovely pictures of red squirrels, nesting birds, woolly rainbows and strange visitors were just some of the offerings that were enjoyed, but the photo of the chalked pavement hopscotch certainly stirred the memories and set off a flurry of exchanges. We never knew there were so many names for this childhood game! What did you call it? What brought most smiles, however, was the winning entry from Anne and George Milburn clever and funny! Well done!

At the time of writing, we are delving into the memory cells with a 1960s based quiz and there are a few answers to tease us! By the time this reaches you all, hopefully more normal times will be on the horizon and we will be planning to open our doors again. In the meantime, best wishes for staying safe and happy.

More information is available on our website.

Our normal opening hours are still 10am-12.30pm Tuesday, Wednesday, Friday and Saturday at the Guide and Scout Hall, Church Street, Milnathort.

*Contacts outside of opening hours are Elspeth Caldwell (Convener) 01577 863350 and Linda Freeman (Secretary) 01577 865045.*

## Sparks

*Supportive Project for Activities & Recreation in Kinross-shire*

Under normal circumstances we meet at Loch Leven Community Campus on Saturday afternoons, 12.30-1.30pm. The cost is between £1 and £2. This covers the cost of the court and depends on the number of participants.

We would like to encourage more people to come along. Everyone is welcome, and there is lots of fun and laughter every week. *Contact Duncan by email at [duncanmcintyre1961@icloud.com](mailto:duncanmcintyre1961@icloud.com) for more details.*

## Regular Meetings

SPARKS meetings are usually held on Thursday at 1-3pm in Loch Leven Community Campus. Refreshments are available, usually followed by a quiz, a variety of board games, arts and crafts, Boccia and the occasional guest speaker.

Each activity is on a voluntary participatory basis and is open to all disabilities. We hope that people will come along to have a chat and reduce isolation within Kinross-shire. We ask for a small weekly donation of 50p or £1, to cover the cost of refreshments. **All meetings are cancelled until further notice.**

*For further information, contact Shona Fowler on 07896 280843 or by email at [shonafowler@nhs.net](mailto:shonafowler@nhs.net). Alternatively get in touch with Roseanne Gray on 01577 867216 or by email [rgray@pks.gov.uk](mailto:rgray@pks.gov.uk).*



## Boys Brigade and Girls Association

With all joint activities on hold, the national association has come up with weekly activities which are graded for the three sections, namely Anchors (P1-3), Juniors (P4-6) and Company (P7 – S6). Members and their parents have been checking these out on the local BB Facebook page or by logging into the BB national website.



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Battalion competitions have also gone by the wayside and we are unsure of what the coming months will entail. It is unlikely that our annual display and presentation of awards will take place in May due to restrictions and this may even stretch to the Company's planned summer camp to Orkney in July. Until such times as the Government provides some clarity on the easing of restrictions we will just have to bide our time and wait in isolation.

As we are celebrating 100 years of Boys Brigade, we are looking for items of memorabilia linked to the company. This could include old photographs, individual memories, items of old uniform, badges and certificates. Please contact company captain David Munro if you have any items so that copies can be made for company records.

## **Kinross Beavers**

At our meeting in March the beavers began working on the safety badge by learning about the green cross code before putting it into action. They also looked at different crossings, emergency services and the water safety code.



Little did we know at the time but that would be our last meeting at the hall for the foreseeable future. The following week the Scout Association announced that, in line with the latest government advice on the coronavirus pandemic, all face-to-face Scout meetings, activities and

events would be suspended from Tuesday 17 March 2020 until further notice.

Covid-19 may have stopped our meetings at the hall but that does not mean that scouting stops as well. To help keep the beavers connected during this challenging time the beaver leadership team decided to host virtual meetings every Friday evening. This gives the beavers the opportunity to continue to experience scouting and lets them catch up with their friends, giving them a bit of normality in an uncertain time.

We have also given the beavers the opportunity to earn badges by taking part in the 'Badges at Home' scheme. We are also joining the #TheGreatIndoors campaign which provides many different activities to engage our young members, keeping them busy at home.

Virtual activities to date include a scavenger hunt around the house, a general knowledge quiz and the beavers showing off their impressive Easter egg designs. The feedback we have received from our virtual meetings so far has been great and we plan to continue with them whilst the current restrictions are in place.

*Are you interested in volunteering with Scouting? Volunteering is easier than you think. We have opportunities both behind the scenes and directly supporting young people in our group. With full support and training, you can volunteer on a flexible basis. Not only is it incredibly rewarding and great fun, you'll learn some brilliant skills transferable to the workplace and further education. Please contact us by email at [kinrossbeavers@hotmail.co.uk](mailto:kinrossbeavers@hotmail.co.uk) for more information.*

## **Kinross and District Art Club**

[www.kadac.co.uk](http://www.kadac.co.uk)



Given that our members are currently locked down along with the rest of the nation, this report will be slightly different from normal. As all meetings since late March have been suspended due to COVID-19 guidelines, we cannot report on well-attended painting sessions and informative workshops.

Nevertheless, we can report on the amazing creativity that members are still producing and sharing. Although we are not meeting face to face, we remain a community by sharing our mutual joy of all visual arts. During these uncertain and unprecedented times, KADAC members feel truly fortunate

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Members are producing lovely artworks during the lockdown, including this piece by Sheila Marshall.

that they can use their creativity and artistic skills to express their feelings to help with the isolation and any anxieties.

Tom Sutton-Smith, our professional adviser, has identified a variety of photographs to inspire members in their subject choices; as well as this we have produced ideas for themes to work on throughout the lockdown. Some members are also taking part in the 'Isolation Art Challenge' on Facebook. Members continue to share their artworks on Facebook, WhatsApp and by email. Some of the 'lockdown' works will be displayed on our website soon.

Although many of our club events and annual activities will now not be taking place, it is still hoped that we may be able to have some sort of exhibition later in the year. Meanwhile, members remain safe in their homes whilst continuing to look forward to the joyous day we meet up in person again.

KADAC sends their appreciation and thanks to all those key workers in all types of work who are keeping us safe, fed and well during this difficult time.

During normal times, we meet on Tuesdays and Fridays (2-4pm) in Millbridge Hall each week.

*If you are interested in joining the club and developing your own creativity, you will find more information and contact details on our website.*

#### DO YOU HAVE A STORY?

If there's something you think people should know, then email us: [editor@kinrossnewsletter.org](mailto:editor@kinrossnewsletter.org)

## Kinross & Ochil Walking Group

*(Affiliated to Ramblers Scotland)*

Our last ramblers weekend walk was at Sauchie Crag. It was a lovely sunny day and, after the initial gentle climb, we looked down on the reservoir set amidst spectacular scenery. Although the walk only took place in mid-March, it does seem a long time ago now as, like other groups, we've been forced to discontinue our activities.

Walking as part of a group does have the benefit of social contact and meeting new people, while encouraging us to improve and maintain our fitness. It also means that we are more likely to turn up and walk in inclement weather as we know someone has taken the time and trouble to plan the walk for us. Often walks in less than perfect weather can be very enjoyable, assisted, of course, by chat and laughter.

During these more difficult times, we're very fortunate in this area to have plenty of space to walk and a variety of routes. In recent weeks many of us will have been getting to know our home patch rather well. It's been really encouraging to see families, couples and people on their own out walking and cycling. It's also been uplifting to find that we're all smiling at each other, saying hello and giving a wave as we keep our distance. Fortunately, the local roads have been very quiet so we don't feel we are taking our lives in our hands when we step off the pavement to allow someone to pass safely. The reduction in traffic has other benefits too; have you noticed how much louder the birdsong is?

By taking the exercise we're permitted, many of us are likely to



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## Club & Community Group News

be much fitter than we've ever been. Those who were perhaps reluctant to come and experience a ramblers walk with us, may well feel more confident about doing so once we are able to resume our walking programme. We very much hope so and you will be made very welcome when it's safe to walk in a group again. In the meantime, stay safe and keep walking.

For further details of where to meet us, or for general enquiries, please contact Edna Burnett on 01577 862977.

## Kinross in Bloom

At long last the work started on Crosswell Fountain! Just as it started on 23 March, the country went into lockdown. The effects of the lockdown are



## Kinross In Bloom 200 Club

### April Draw

1st	No 1	Ian Balnaves
2nd	No 5	Susan Bathgate
3rd	No 11	Edna & Andrew Burnett
4th	No 20	Robert Findlay

*(The draw was made in the treasurer's house and was videoed)*

**Susan Mitchell**

*Secretary, Kinross in Bloom*

being felt in every business and home in the country and in all 'Blooms'. We have no summer plants at the moment as garden centres and nurseries are all closed. At the moment our planters are looking good with the pansies and daffodils and it has been lovely to see them all doing well as we go out for our daily walk.

The daffodils at the Myre were planted last year at the request of Sandy Fraser. They are brightening up our town and are a lasting memory of Sandy.

**Our next meeting is cancelled in line with current guidelines.**

*We would welcome any new volunteers to help with the work of Kinross in Bloom in 2020. If you would like to help in any way (formally or informally) please contact us by email at [susan.mitchell50@gmail.com](mailto:susan.mitchell50@gmail.com)*

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## Kinross High School

Kinross High School are proving that not all learning happens in the classroom. In response to the global outbreak of coronavirus, staff have been working incredibly hard to 'build' a virtual school which allows pupils to continue Learning Together; Achieving Together.



As many faculties use digital technologies in everyday learning, we found that the foundations were already there, so we set to work constructing an internet-based learning environment. Ready to rise to the tremendous challenge, staff rallied together to create over 200 virtual classrooms to enable pupils to access ongoing support for their learning. Much more accustomed to being on the teaching side



*Look what our young chefs have been cooking at home...*

of things, staff have embraced learning new skills whilst wrangling technology and adjusting to working from home. Our young people are putting the adults to shame and making the transition to virtual school look effortless! What is more, we're sure they're taking full advantage of being allowed to use their devices 'in class' for a change!

There's no doubt that the scale of the challenge our school community is facing is extraordinary. Without the resources we all take for granted, staff have had to get creative with their lessons and are encouraging pupils to do the same. The Art and Design department asked pupils to improvise with household items like coffee.

Similarly, at a time when the government are recommending that shopping for essentials is limited to once a week, the Home Economics department have set pupils a series of open-ended challenges which can be adapted to make the

best use of whatever ingredients are in the cupboards. The tasks not only allow pupils to hone their culinary techniques but also help young people to develop important life skills and encourage wellbeing of the whole family.

Activities include the following; 'Check up on a loved one or elderly neighbour by writing them a letter or making a card to give them. See if they need any shopping' and 'Prepare and cook an evening meal for your family. Wash, dry up and tidy up after yourself.'

Parents and carers aren't the only ones benefiting from specially adapted lessons; pets are lapping up the extra TLC too! Our Pupil Support department challenged learners to spend time taking care of a fluffy, furry or even feathered friend which boosts endorphins and aids relaxation.

Yet school is about more than lessons. Being a teenager is tough enough as it is but during these trying times, it's more important than ever to safeguard the mental wellbeing of young people. Whilst we can't be around for a quick catch up, we're still checking in with pupils; the house teams have implemented a wellbeing tracker to ensure support is reaching those who need it most. We've also loaded our website with resources such as a 1-1 request form so pupils can meet electronically with someone from their house team, links to professional organisations offering specialist help and a dedicated webpage to help parents and carers support young people whilst we work remotely.

Although our doors are closed to all pupils and staff until further notice, our channels of communication remain very much open. The social aspect of education is essential for the wellbeing of young people so we're using our pupil e-bulletin to transmit as much positivity as we can. Our staff Health and Wellbeing group shared a video which features well wishes, teachers demonstrating what they are doing to stay healthy and lots of cute pets (we even spotted Mrs O'Neill's llamas!). We've also loved seeing parents and carers tweeting photos and video clips of their children using their digital skills to engage with online materials or using what they have at home to get creative with their learning.

Never have our school values been put to the test more than they have in recent weeks; be that as it may, our young people continue to demonstrate that they're ambitious, resilient, responsible and compassionate. We've been hugely impressed by how our whole school community has pulled together; from janitorial and catering staff to IT and business support. Everyone has played their part to ensure that teachers can continue teaching, learners can continue learning and that our vision of Learning Together; Achieving Together can be accomplished anywhere, even from virtual school.

### SEPTIC TANK UPGRADE

As per planning condition, we are looking to upgrade an existing domestic septic tank/sewage system within the Loch Leven Catchment Area. Financial contribution will be made.

**For further information please contact 07725 913870**

## Kinross Centre

Well the world has certainly changed for everyone! The only word I hear at the moment is 'unprecedented'. I feel like we are all playing a part in a film.

As everyone will know Kinross Centre is closed at the moment. However, we are continuing to provide a service by delivering a three course meal to our service users from Monday to Friday. On average, this is 53 meals per day. We also collect and deliver shopping and medication.

In the morning we take and make phone calls from individuals who may just want a chat or need support in some way. Everyone needs to hear a friendly voice in these very difficult times so please remember that this service is open to everyone that needs us; whether or not you attended the centre, we are here to help. If you need any help or support please call us on 01577 863869 and we will try our best.

We have been inundated with support from the community; people are so kind and willing to help in any way they can. The continued support and kind words make us all very humble indeed. We have also had donations of money, food, gloves, aprons, and much needed hand sanitiser for which we are extremely grateful.

In these uncertain times we hope that everyone stays safe and well. As we have said many times, the community spirit in Kinross, Milnathort and all surrounding areas is fantastic. We are all very lucky to live in such a caring community.

We hope to be back to some normality soon. However, our first priority is for everyone to stay safe, so I have no idea when that will be.

May I also take this opportunity to say a massive thank you to all the hard working staff, volunteers and committee at Kinross Centre. We really do appreciate every one of you.

Meanwhile, please stay safe!

*We would love you to be involved with the Kinross Centre either as a service-user, a volunteer or as a supporter. If you would like further information please contact Nan Cook on 01577 863869.*

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## Milnathort in Bloom

It will come as no surprise to most of you that we will be dialling back our efforts this summer due to the current environment.

We can't believe how well the spring bedding in the boxes and tubs has done this year. The polyanthus are in their fourth year now (we put in large tubs at the polytunnel over the summer) and they're the best we've seen them. The grape hyacinth is also looking fabulous. Personally, I think it's the lack of traffic but it could of course be the mild winter; who knows?

Early April usually sees a large group of us in the polytunnel potting up over 4000 plug plants. Unfortunately, but understandably, all bloom group plant orders were cancelled by the council this year.

As a result, we'll be unable to plant up any hanging baskets for the village which is a great disappointment to us. However, some of the group are growing plants themselves and we'll endeavour to at least plant up the large boxes and tubs at the Cross.

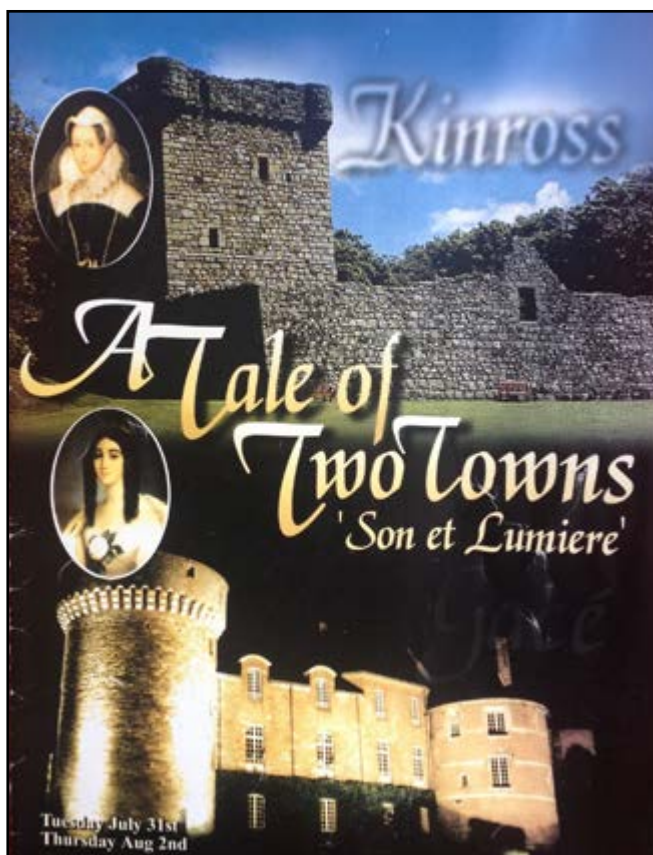
We'll continue to look after the permanent beds, weeding and replacing spent plants and try and make the village as cheery as we can under the current circumstances. Hopefully, our plans for next year will make up for the lack of colour this year.

While we're out and about in the village we'll of course be observing social distancing. So if you see a lone person wandering around with plants and a trowel, please do give them a wave.

## Kinross and District Town Twinning Association

### Rolling Back the Years

With the world enveloped in the current virus crisis which is affecting everyone, we look back to the turn of the century and the unique Kinross hosting of our French twin town's 'Son et Lumiere' spectacle which held its UK premier in the summer of 2001. With a host of props and costumes brought over from



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## Club & Community Group News

Gacé by special transport, our local Kinross-shire volunteers had very little preparation time as the premises of Kinross Motor Auctions converted to a mini-theatre. The spectacle outlined world history through the eyes of a joint Scottish/French perspective. It went back to stone-age times, through many conflicts but also focused on the many musical, poetic and dance aspects of social life surrounding both Kinross and Gacé.

We apologise to our many members and supporters for the postponement of our coffee morning which was due to take place in mid-March. The cancellation of the *Better Place to Live* fair has also scuppered the opportunity of meeting up with the community.

Our twinning committee was saddened to hear of the recent passing of Nancy Robertson. Nancy, along with her husband Colin, were part of the original membership of town twinning. Nancy also took on the role of chairperson back in the 1980s. It is probably just as well that there was to be no official twinning exchange this year due to the current circumstances. Once some form of normality has returned we will have to start planning our visit to Gacé in the summer of 2021 which we all hope will be virus free.

## Kinross Cubs

The cubs have been busy during the spring term focusing on completing several badges, including the Communicator Activity badge. To help them cover the requirements for this badge the cubs took part in a variety of activities including using a mobile phone to communicate with a leader to get instructions on what they had to do. The cubs learned about foreign languages before having a simple conversation in French with another member of the cub pack. They also found out about British Sign Language (BSL) and put that into practice by communicating a message to someone else using BSL.



We have also had a couple of international themed evenings as the cubs learned about the World Scout Badge; learning what each of its parts meant and also the advantages of being part of a global movement of cub scouts. To help complete the International Activity badge the cubs took part in Chinese New Year by doing some food tasting, created a Chinese lantern and also had a discussion to reflect on the traditions and meanings of Chinese New Year.

Other activities include a Scottish themed evening for Robert Burns' night involving games such as a Scottish version of Port and Starboard and having a haggis hunt.

The cubs enjoyed a board games evening and learned about knots, tents and how to set up a campsite. At the end of February, they enjoyed a pancake evening and decorated their pancakes with lots of interesting designs before eating them!

This term we have said goodbye to 5 cubs who have moved onto Scouts; Archie, Charlie C, Ewan M, Cameron and Duncan. The pack has also welcomed some new members; Angus, Fraser, Ewan and Greg. All 4 boys were due to be invested into the pack in mid-March, however, that has been postponed to a later date due to the coronavirus pandemic.

As we are currently unable to meet at the hall the cubs have been engaging with the 'Badges at Home' scheme. This is available online to allow the cubs to continue to develop their scouting skills. The leaders have enjoyed seeing all the different activities the cubs have been engaging with whilst at home.

*Interested in volunteering with Scouting? We have opportunities both behind the scenes and directly supporting young people in our group. Please contact us by email at [kinrossbeavers@hotmail.co.uk](mailto:kinrossbeavers@hotmail.co.uk) for more information.*

## Circle Dancing

Due to the current situation, circle dancing is on hold, but rest assured as soon as the lockdown is over and restrictions are lifted, dancing will resume. In the meantime, I am sending weekly video clips so that both groups can enjoy some virtual circle dancing. This is helping us all to still feel connected to one another. Our circle is open but unbroken, may we all go in peace until we are able to be together again. If you need to talk, please phone Lynne on 07931 398098.

## Kinross & District Rotary Club



### Santa in Springtime?

Santa has kept on giving around Kinross-shire since New Year. Before lockdown, Rotarians were out and about meeting the community groups who assisted them on Santa's Sleigh and making donations to their causes. In Rotary, 'we're for communities'. This means that we work with them and for them.

### Message in a Bottle

This was another significant recent community project. There have been many of these bottles now picked up and we hope that they are being put to good use in our community. They contain vital personal and medical information which we know can save lives. If you, or someone you know, has a bottle please ensure that: it is appropriately stored in the fridge; that the signage stickers are clearly displayed on the front door and



the fridge door, and; the information inside is clear and up to date. Now, more than ever, we need to ensure that our loved ones are safe and that our emergency services are assisted in doing their magnificent work speedily and effectively.

If you are visiting local shops and pharmacies for your essential shopping, there are still a few bottles remaining. We know that some have been put to good use for our local emergency services. We would love to hear from you if you, too, have benefited.

#### **Ethiopia Medical Project**

At our breakfast meeting on 17 March, Rotarian Jo Middlemiss updated us on her recent trip to Ethiopia. She and her cousin, Maureen Burnett, took with them supplies of medicines, socks, pants and football strips. Their main focus during this trip was on treatment to alleviate symptoms of podoconiosis; a disease of the lymphatic vessels of the lower extremities that is caused by chronic exposure to irritant soils. Over 500 people every week visit the clinic at Buccama to benefit from the 'foot spa' treatment involving soaking the enlarged feet in disinfectant, massage and lymphatic drainage.

Rotarians were delighted to learn that the money we had raised for this project had been put to good use in the purchase of large quantities of disinfectant, soap and shoes. Footwear has to be in large sizes and specially designed to accommodate the hugely swollen feet associated with this disease which, of course, is caused by exposure going barefoot.

The trip was not without its drama! Nightly storms of torrential rain and plagues of giant locusts affected the area, while recently hyenas have been visiting and have been known to attack, and even snatch, small children! A total of 15 children have been taken away by these marauders.

#### **Philosophy at Breakfast**

Jo never fails to remind us of our blessings (even with present challenges) when she speaks of Buccama. The life expectancy there is only 45 yet the people are warm and welcoming. She spoke of her 'holiday reading' and reminded us of the 'Four Noble Truths of Buddhism':

'The Buddha is often compared to a physician. In the first two Noble Truths he diagnosed the problem (suffering) and identified its cause. The third Noble Truth is the realisation that there is a cure. The fourth Noble Truth, in which the Buddha set out the Eightfold Path, is the prescription, the way to achieve a release from suffering.'

This was cause for reflection as we left our meeting, having agreed for the well-being of all concerned to suspend all Rotary activities until further notice. We vowed, however, that we would all continue to be mindful of the needs of others and do whatever possible to support the community in present challenges. We have been meeting and discussing online ways in which we can use our resources purposefully.

#### **Time to get involved?**

In normal circumstances, we meet at 6.15 for 6.30pm on Monday evenings, except for the third week of the month when we meet at 7.15 for 7.30am for a breakfast meeting.



## Club & Community Group News

Perhaps you have been aware of our existence for a while and have never quite got around to finding out more. With time to reflect on life and how we live it, perhaps you are keen to make changes in the future. If you would like to join us for a future meeting, please contact Dugald McIntyre, club secretary, by email at [secretary.krdc@gmail.com](mailto:secretary.krdc@gmail.com) or check our Facebook.

Please note that we will resume meetings whenever it is safe to do so. We are reviewing all upcoming club community events and expect most, if not all, to be cancelled or postponed.

Our Facebook page will keep you informed about what is happening.

## Kinross Guide Dogs

Due to social distancing and lockdown, unfortunately all our fundraising ideas have been shelved for now, just as most events have been. The monthly fundraisers coffee and chat has to be postponed, but it will recommence as soon as we are allowed to.



We are always on the lookout for ideas to raise funds to support the training of pups for guide dogs, training sighted guides (human guides), supporting children and adults with visual impairments and so much more. If you have a brainwave and want to share your brilliant idea for fundraising, I'd love to hear it.

Meanwhile this was my attempt to raise cash; small pup portraits. I will let you know how it goes. This was the first attempt, so hopefully with practice, they will improve.

Stay well everyone!

## Kinross and District Men's Sheds

When we move to Swansacre we will leave our present accommodation at the former Forth Wines building in Milnathort. For the last 2 or so years the owner has allowed us space with no rental or electricity charge and we are most grateful for this generosity. We face a new challenge at

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Swansacre where we shall have to find funds for heating and lighting and other running expenses for the building.

We now have charitable status and are preparing to register for Gift Aid. To enable members to communicate in this period of social distancing we have opened a WhatsApp group to encourage members to keep in touch either individually or in group form. In the initial flurry of activity organising the Face Shields this facility proved very valuable. We have also circulated members to offer advice to anyone who is finding the lockdown difficult either with obtaining supplies or socially.

We acknowledge the ongoing assistance from many quarters, in particular the NHS Community and Council Community Support personnel, who help us find and apply for sources of financial support and we look forward to developing further our activities in the community, once the current restrictions are lifted.

## Loch Leven Community Library

Loch Leven Community Campus,  
Muirs, Kinross

01577 867205

[lochlevenlibrary@culturepk.org.uk](mailto:lochlevenlibrary@culturepk.org.uk)

[www.culturepk.org.uk](http://www.culturepk.org.uk)



All Culture Perth & Kinross Libraries are closed but you can still join online and access our E-books, E-magazines and online newspapers at [www.culturepk.org.uk/libraries](http://www.culturepk.org.uk/libraries)

To keep the wee ones amused visit [www.scottishbooktrust.com](http://www.scottishbooktrust.com) and find lots of activities for them to do. Stay safe, stay home and protect our NHS.

## Friends of Loch Leven Community Library



Due to the corona virus and current government health warnings, Friends of Loch Leven Community Library have decided to suspend their voluntary service.

Thus, the library will be closed on Saturday afternoons and Monday mornings until further notice.

The group regrets this action but considers it unavoidable in the current situation. We look forward to continuing our service in due course.

*Bill Belford, Secretary of FoLLCL*

## Fairtrade

### Fairtrade goods delivered to your door

We are delighted to announce that Kinross-shire has once again renewed our Fairtrade County status. A major contribution to this is our sale of Fairtrade Traidcraft products through the local churches and church offices.

It is also very important that we have so many local businesses, who buy Fairtrade products from us, and offer them for sale or use them as ingredients. Thanks to: Avant Garde, Buchan's of Kinnesswood, Hunters of Kinross, Loch Leven Laundry, Loch Leven Lodges, The Court House, The Kirklands.

We look forward to being able to visit our cafés and shops again. Meanwhile, please consider ordering some fairtrade goods direct from Traidcraft; the website address is [www.traidcraft.org](http://www.traidcraft.org).



Where's Wallace? Don't ask us – we can't see him anywhere... Photo: Wallace Shackleton

[traidcraftshop.co.uk](http://traidcraftshop.co.uk). It features a wide variety of goods from basics to treats, and orders at this time when we can't sell in the usual way would be much appreciated and help the producers who have all been paid a fair price for their goods. Your order will be delivered to you by DPD and they do not require a signature. Please help keep Kinross-shire a Fairtrade County and enjoy some delicious food.

## Kinross Camera Club

[kinrosscameraclub.org.uk/wp/](http://kinrosscameraclub.org.uk/wp/)

[www.facebook.com/KinrossCClub/](https://www.facebook.com/KinrossCClub/)



Sadly we have had to curtail our programme of events due to the outbreak of coronavirus so there will be no more Club meetings this season.

However, we still hope to be able to bring you at least some of our summer programme of informal Thursday night photography outings, perhaps from July through August. Details will become available on our Facebook page and website in due course. We are also planning to reschedule a couple of the spring events to the start of next session in September: our prize giving dinner and our Annual competition – once again, details will be circulated and available online.

*In the meantime, if you would like to get in touch with the club, please email the secretary, Richard Dibley, on [secretary@kinrosscameraclub.org.uk](mailto:secretary@kinrosscameraclub.org.uk).*

## Kinross-shire Partnership Networking Breakfast



Kinross-shire Partnership are sorry to have to announce that the Networking Breakfast for May is CANCELLED. We discussed this at some length and concluded that, given the uncertainties regarding COVID-19, the likelihood of reduced numbers and, most of all, the need to be aware of peoples' health at this time, we should not hold the April or May meetings.

Not being able to meet as a group does not mean that networking should be abandoned. Until such time as draconian travel restrictions are applied, there is still ample opportunity for people to meet over a coffee, or similar beverage, and find out more about each other's businesses and backgrounds. In many ways this will be even more important as we go into these difficult times; it is important that we continue to support local businesses where possible.

Remember that networking is about building your business and about helping others in your network to build their business. The more you know about others' enterprises, and they know about yours, the easier it will be for both parties to introduce new opportunities. Relevancy and currency are key to networking. The more regularly and frequently you communicate with your network members – in person, by phone or online – the greater the chance they will remember you when someone asks them for the name of a firm that does what you do. People Do Business With People!

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Agricultural cart being refurbished by Kinnesswood in Bloom's Rory Sillar

## Recipe

Supplied by Kinnesswood in Bloom

### Weetabix Fruit Loaf Cake

This is a good time to see what we have in our cupboards. Fiona gave me this simple recipe using store cupboard ingredients.

#### Ingredients

- 2 weetabix,
- ½ cup sugar,
- 1 cup milk,
- 1 cup sultanas or mixed fruit.

#### Method

Mix everything together in a bowl, Cover and leave for at least an hour or overnight in the fridge.

Next day stir in 1 beaten egg, 1 cup self-raising flour. Mix well, pour into a lined loaf tin and bake in oven at 150 degrees celsius for 45 minutes to 1 hour.



Keep working on your 60-Seconds, because it's as relevant outside the group as inside, and keep an eye out for further announcements from the Partnership Networking Breakfast.

[www.kinross-shirepartnership.org.uk](http://www.kinross-shirepartnership.org.uk)

[www.facebook.com/visitlochleven](https://www.facebook.com/visitlochleven)

[www.visitlochleven.org](http://www.visitlochleven.org)    [www.twitter.com/VisitLochLeven](https://www.twitter.com/VisitLochLeven)

### Kinnesswood in Bloom

In the local Civic Trust competition Kinnesswood was awarded 3 stars and the cup for the well-kept village. The celebratory event will now be postponed till later in the year. Due to the current situation there will not be any other competitions this year. Our quiz and curry night has also been postponed and we hope to have it later in the year.

We have our own version of *The Repair Shop* courtesy of Rory Sillar. Rory has stripped the agricultural cart in Gamekeepers back to basics, preserving the soil and plants. He is making good use of his time in isolation to work his magic on the metalwork and woodwork. We will unveil the refurbished cart at a later date. He is also refurbishing the raised beds at the school.

### About the Kinross Newsletter

The Newsletter has been informing and supporting the community for over 40 years.

It began as a way of letting residents know what Kinross Community Council was saying and doing, but soon expanded to be so much more.

Readers use the Newsletter to find local trades and services, and our loyal advertisers support the community by enabling us to publish local clubs' reports and essential community information free of charge. Readers, when answering an advertisement, please say you saw it in the Newsletter. Thank you.

Any profits made by the Newsletter are given away to local good causes.

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Mrs Lorraine McMillan,  
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### A bit about me...

Originally from Cowdenbeath, I spent the last 10 years living in Dunfermline. I moved to Gallowhill Road, Kinross in August 2016, with my wife Jacqueline and our two year old son, Calum. I'm a time-served joiner with 17 years' experience.



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Joining in with the Rainbow Ramblers group, Norma found a rainbow of flowers in her garden and, with the help of Bill Paton, this was made into a rainbow shape. Some signs were installed in the village with various pictures for families to look for on their daily walks. Teddies from a few years ago have been added to the teddy scheme.

The village was looking good when we went into social isolation. As we now have to cease our in bloom activities, we hope it will not be too long before we can get out again to do some community gardening. In the meantime some of us are growing more bedding plants than usual and John is bringing on begonia tubers from last year. We hear that, on 3 April, the Scottish Government gave the go ahead for horticultural businesses to resume operations. Some garden centres and outlets are opening either for click and collect or delivering in our area.

While we are restricted in our activities this year, Carol has been posting some lovely pictures from the past on Kinrosswood in Bloom Facebook. They are certainly a reminder of members past and present as well as memories of how the village has changed over the years.

*'To plant a garden is to believe in tomorrow'.*

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## VE DAY 75

**SSAFA CHARITY CONCERT**  
**SAT 9 MAY**

## POSTPONED

I regret to tell you that CV19 has defeated even the intrepid VE Day 75 Kinross concert team!

This is very much NOT the end. We will do this some time – it's a postponement, NOT a cancellation and only a question of when. We were thinking of linking it to VJ day in August, but that looks increasingly unlikely – we might even have to do it in 2021.

Big Thanks to you all from us organisers at SSAFA – The Armed Forces Charity – to the campus and school staff, and the over 100 performers we had lined up, for engaging so fully with us, and to you the public for showing so much enthusiasm for what will be a terrific night out, a thoroughly great show, and a tribute to those who fought at home, and abroad, to win WW2.

Tickets sold so far will be honoured, and valid for the next date .

The Eventbrite on line sale notice has been adjusted. I will let you all know when we can rearrange it .

**STAY STRONG , STAY ALERT,**  
**STAY SAFE , STAY WELL**

**LT COL (RETD) ANDY MIDDLEMISS DL**  
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## The Kinross-shire Civic Trust

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[www.kinross-shirecivictrust.org](http://www.kinross-shirecivictrust.org)

Find us on Facebook



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

### Annual General Meeting

The Trust's AGM, scheduled for 29 April, had to be cancelled because of the Covid-19 restrictions. We intend to hold our AGM by 'virtual' means in May. Members, please look out for an email about this.

### Planning Matters

With the coronavirus lockdown affecting all sectors, far fewer planning applications than normal have been advertised over the past month. PKC offices are closed and staff are working remotely at a reduced capacity. Some planning applications that have passed their deadline for comments are being dealt with under delegated powers, i.e. decided by planning officers. A statement on the PKC website dated 27 March said: "The Scottish Government is working with all local planning authorities to find an acceptable route for processing more recent applications and those that would normally be Committee items." Major applications (over 50 houses) and those that have attracted six or more objections where the planning officer would be recommending approval normally go to the Planning and Development Management Committee.

### Windlestrae

PKC deny breach by developer despite evidence on its own website.



*The Windlestrae driveway as it used to look and (below) after tree, shrub and hedge removal in February, a month before planning officers agreed a start date*

The Trust wrote to PKC in February to query the felling of trees at the Windlestrae site before all the pre-commencement conditions in the planning consent for the retirement development had been fulfilled. A response from legal manager Geoff Fogg dated 4 March quoted PKC's

Development Building Standards Manager Kristian Smith as saying:

'The works referred to by the Kinross-shire Civic Trust either do not require planning permission, or do not trigger the beginning of development and can be undertaken without further consultation with or approval from PKC.'

Mr Smith continued: 'At this point officers are satisfied that nothing has happened which was requiring of further approval or submissions and are in discussions with the developer in relation to these items.'

Yet a document on the Council's e-planning system tells a different story. The document contains emails between the case officer and the developer's architects which indicate that the case officer has reprimanded the developer for starting works prematurely.

Jenny Ryan-Roche of architects Young and Gault emailed the case officer on 20 February, referred to a telephone conversation they'd had, then said:

'Our Client genuinely didn't realise that the felling of the sycamore tree would constitute the implementation of the development. This is an oversight and the client wishes to apologise for this.'

The ancient sycamore tree at the corner of the access road to the former hotel



and the Muirs, part of an avenue of trees in the Kinross Conservation Area, was felled on 17 February. In her email of 20 February, the architect said: 'Please find attached the Notice of Initiation of Development dated 17th Feb '20.'

However, in response, the case officer said: 'I would highlight that the notice of initiation, although submitted, is not the agreed start date as development cannot formally commence until all pre-commencement conditions have been agreed.'

The case officer then goes on to quote a lengthy list of conditions that require documents to be submitted (e.g. the traffic management plan) before planning officers can agree a start date for the development.

One of the questions the Trust had asked in its letter to PKC was if a notice of initiation of development had been submitted. PKC did not answer this, but it is clear from the emails that PKC rejected the initiation date of 17 February as invalid because the pre-commencement conditions had not been fulfilled. A notice of initiation is now on the e-planning system with a start date of 16 March. So the sycamore, some other smaller trees and a hedge lining the access road (within the Conservation Area) were felled four weeks before there was valid permission in place.

Clearly PKC have further questions to answer. Why did PKC tell the Trust on 4 March that officers were satisfied the developer had done nothing wrong when emails between the case officer and the developer's architects clearly show otherwise?

### **Raingardens Project**

The Trust is delighted to report that SEPA has granted the sum of £5,000

towards its raingardens project. Our sincere thanks to SEPA. Due to the lockdown, the scope for onsite dialogue is severely constrained just now. However, work behind the scenes continues and we are happy to hear from anyone interested in the project. Please see the latest article by Brian D'Arcy on p30-31 in this issue of the *Kinross Newsletter*.

### **Well-Kept County Awards**

The organisers were keen to vary the date for judging each year, so that over a three-year period the settlements would be seen in spring, summer and autumn. It was always going to be difficult to choose the right week in spring and, in the event, the week we chose turned out to be a fortnight too early for the daffodils, which are such a feature of hamlets like Cleish. On the other hand, there were many snowdrops still out and in many places crocuses and polyanthus provided colour and interest.

On Monday 16 March our two village judges, one from East Lothian and the other from Fife, spent the day going round the three villages, starting at 9am and finishing at 4pm. They saw Powmill and Crook of Devon in spring sunshine, but Kinnesswood in the afternoon under grey skies.

The coronavirus forced a change of plan on 19 March. Rather than postpone or cancel, it was agreed that two members of the awards committee (David Hill and Ian Smith) should go round in separate cars, and do the judging together. It was, fortunately, a lovely sunny day so they saw everything at its best.

On both days the judges took their time, getting out of cars to look at places carefully. They compared notes

as they went along and were pleased to find their verdicts very similar.

All the settlements, without exception, were tidy and cared for. There was absolutely no litter to be seen anywhere and all the detritus of winter had been cleared away.

It is a great tribute to the enthusiasm of the organisers and their teams of supporters that in spite of the poor weather in January and February they had achieved so much. The committee like to think that the county would not be so well kept without the focus of the competition and look forward to the 2021 judging days, which will be in the summer.

Each street or facility was marked out of nine and the averages compared. The results were as follows:

**Villages:** Kinnesswood won the cup for the Best Kept Village, earning a 3-star certificate. Powmill won the cup for the Most Improved Village and earned a 2-star certificate, as did Crook of Devon.

**Hamlets:** Maryburgh and Drum shared the cup for the Best Kept Hamlet, each earning a 3-star certificate. Duncruevie also earned a 3-star certificate, while Wester & Easter Balgedie, Cleish and Glenlomond all earned 2-star certificates.

The standard is very high and competition keen. All who take part are to be warmly congratulated on doing so much to ensure that our county is indeed well kept.

The presentation ceremony has been postponed indefinitely and may well have to be cancelled. Cups and certificates will be delivered when permitted.

*David Hill, KCT Awards Committee*

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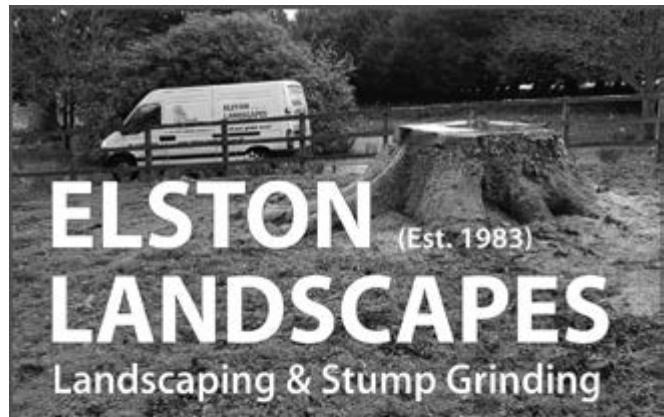
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# Sports News



Kinross Netballers

## Kinross Netball Club

It all started with a Facebook post by Emma Thorpe five years ago! This resulted in Elaine Stapleton, local coach and player piloting sessions at the community campus. There were seven eager netballers at the first session. They continued to turn up every week and their number steadily progressed and now stands at over 40.

Grants from Sports Development Scotland and the Round Table enabled the club to buy some equipment and register as a 'Bounce Back to Netball' (BBN) club. BBN was a Netball Scotland initiative designed to encourage people who used to play netball to return to the sport and to encourage others to give it a try. It was aimed at all levels of abilities and helped (mainly) women to take part in a team sport. In some cases, individuals had not played in 20 to 30 years!

### DO YOU HAVE A STORY?

If there's something you think people should know, then please email us: [editor@kinrossnewsletter.org](mailto:editor@kinrossnewsletter.org)

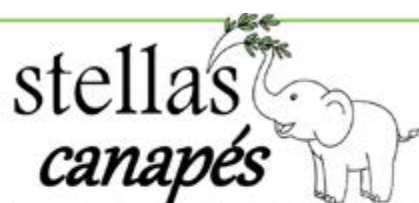
In the first year of existence the Kinross club took part in the BBN Christmas tournament; it has been a regular event for us ever since. We also take part in lots of friendly matches and an outdoor tournament at 'Play on the Pitch'. The latter takes place at Rugby Park, home of Kilmarnock FC and gave some of us the appetite for competitive netball.

We have hosted a yearly charity netball tournament at Perth College. This has raised over £6700 for MacMillan Cancer; monies go directly to Cornhill Hospice to be used within the Perth and Kinross area.

In 2017, Netball Scotland recognised Kinross as 'Bounce Back Club of the Year' and, the following year, coach Elaine Stapleton achieved 'volunteer of the year' for her contribution to netball in the area.

The club plays a big role in the development of netball in the community; several of our members provide sessions in most of our local schools. We also support local community events such as Farmers Market, Kinross Show, Cycling Sportive and the Feel Good Fayre.

In 2018, the seeds of our junior club started to grow. With



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## Sports News

the help from Perth and Kinross Netball Network (PKNN), coaches Kim and Emma started an under 13s club. At the time there wasn't a junior netball team in Kinross and players had to travel to Perth and Bridge of Earn for their nearest club.

The Friday sessions were a big success with around 15 to 20 kids attending each week. In April 2019 the junior section joined us and, later that year, the club had an U13 team sponsored by local company Glendale Security Systems and an U11 team as well.

Our first league team, Kinross Stars, also began in 2018. They entered the City of Edinburgh netball league sponsored by local company SPAN Access Solutions. The Stars won the fifth division undefeated with over 1000 goals scored in the season. They have just been announced as division four winners, again undefeated prior to the COVID-19 lockdown.

In the summer of 2019, we received a huge boost of £6800 from the National Lottery. This grant allows us to develop the club further and has helped the club to invest in more coaching and umpiring qualifications, more equipment and a team kit for the U11s. It has also allowed us to form a second adult league team, Kinross Cosmos, who have debuted in the central netball league in Stirling.

The money has also allowed us to set up 'Walking Netball' locally. This initiative from Netball Scotland helps those who are less able get back into netball. It was introduced in Kinross in September 2019 and interest has been keen with new members coming along each week. It's a great way to keep fit without putting all the stresses and strains on the joints as full on netball does. Many of those who attend never thought they'd be playing netball again and are loving it. Others have never played the sport before but love the social side to the game.

Earlier this year some of the walking netballers teamed up with their Dunfermline counterparts and entered a team into a walking netball festival in Cumbernauld. Hopefully there will be more events like this again soon.

As the country entered into lockdown, we got a very special surprise; we were delighted to find we had been shortlisted for 'Club of the Year' in the Perth and Kinross Sports Awards. It was an even bigger surprise to be announced as the winner as a virtual awards ceremony! This is an amazing achievement for the club!

However, this success does not happen on its own. None of it would be possible without the wonderful members, parents, coaches, umpires and committee. Without these people, Kinross Netball Club would not exist.

## Kinross Volleyball Club

With no volleyball taking place due to the current lockdown situation, our local club was pleased to welcome a new team member as a mascot for the coming season. 'Moose' is looking forward to meeting all our players when we get the chance, once the restrictions are lifted.

We would like to give 'Moose' a fitting Christian name so would ask *Newsletter* readers to text your suggestions to 07935 458667. Club members will vote on the name they feel is most suitable. It's a pity that 'Moose' can't play for the team as he would make an ideal middle blocker with those gigantic wide antlers of his!



Club members are hoping that restrictions will be eased before the end of summer so that they can get some outdoor summer volleyball played on the grass area to the rear of the local campus on Monday evenings from 7-8.30 pm. Members were disappointed to learn of the cancellation of the Scottish Open Volleyball Tournament which was scheduled to take place in May.

Our mixed team is hoping that restrictions will be eased by August so that they can make their annual pilgrimage to De Haan in Belgium for the outdoor tournament. Ferry places for the Hull to Zeebrugge crossings have already been booked.

The club Facebook page features exercise and ball work suggestions so that players can keep their 'eye' in ready for when play resumes.

## Kinross Rugby Club

With high school just round the corner, why not start early with new friendships and make rugby your sport? The club is looking for new players to join and compliment this team and to help the transition to U13 age grade rugby and inclusion in the conference league. If you haven't seen a rugby ball before, or haven't played for a while, why not come along and give it a go? If you are under 13 and interested in playing rugby please come along (once the current situation has changed) to training sessions at KGV on Saturday morning at 10am. Alternatively, contact Robert Allan, Youth Convenor on 07831 099315.

  
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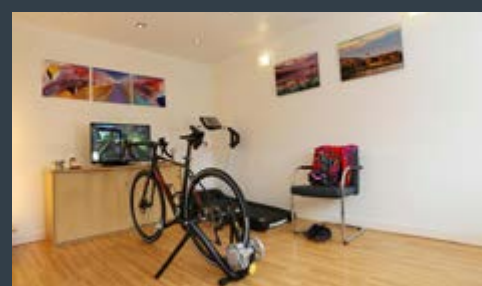


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## Kinross Road Runners

<http://kinrossroadrunners.weebly.com>



In last month's Newsletter we were complaining about the flooding on the heritage trail and looking forward to the arrival of spring and a full summer training programme. How life has changed for everyone since then!

It goes without saying that all club training and many events have been cancelled, including our own Loch Leven half marathon scheduled for 9 May. As a result I didn't think there would be much to report for the Newsletter this month. However, a quick look at the club Facebook page made me think again!

Local club members have organized a 'Coronavirus Challenge' with almost 50 members signed up to complete various weekly challenges. These are based loosely around



*Andy Laycock completes a marathon challenge in his garden*

club training sessions including diagonals, pyramids for hill reps alongside some fun activities too. It's great to hear that children are joining their parents in many of these challenges; maybe we'll have more junior members in the future?

At a national level Scottish Athletics organised a 'Tru Wealth Virtual Relays' event over Easter weekend with almost 1000 athletes taking part from across Scotland.

Over 30 runners from KRR committed to either completing a timed 5k or 10k solo run near their home at some point over the weekend and our team of Val Findlay, Wendy Grieve, Gill Lopez and Ann Malcolm came third overall in the female masters event. This was a tremendous achievement with over 50 teams from across Scotland in their category. All four members of the team are key workers and took on this challenge after working long hours; three working for the NHS and the fourth a bank employee. Well done all four of them and to everyone who took part. These events really help to keep people motivated to go running on their own whilst maintaining social distancing.

A big shout out also goes to Andy Laycock who decided to run a marathon on Easter Sunday. This consisted of 700 laps of his house in a time of 4.5 hours! Family members Pippa and Sarah supported him throughout this epic run and rewarded him with an Easter egg. He even got a mention on BBC Scotland news!

The beautiful weather of late and the new found delight in making the most of our daily exercise has seen a big increase in the number of people taking up running. We hope that this will become the new normal as we slowly move out of the lockdown.

It would be great to see new members join KRR as a result; check our Facebook page or website for further information or to make contact.

## Kinross Otters

[www.kinrossotters.co.uk](http://www.kinrossotters.co.uk)

We may not be able to swim but that hasn't stopped our Otters and coaches from staying connected and in shape during these unprecedented times.

It's been particularly difficult for our Scottish National Age Group qualifiers who missed out on the chance to compete on a national stage. Ben Smallwood, Emily Cumming and Struan Bennett between them qualified for 16 events and coach Fiona and her team were confident that all three would win medals.

Undaunted by this setback, our coaching team, led by head coach Fiona, have been sharing workouts and challenges online, encouraging our swimmers, parents and officials to stay in shape. They've designed a range of workouts with exercises that use the muscle groups really important for swimming, including the 'Bog Roll Burpee'. Results are mixed if the images our members have been posting are anything to go by!

Sadly, coach Euan was unsuccessful in the Perth & Kinross Sports Award Young Coach of the Year category. Our congratulations go to James and Perth City Swim Club who lifted the prize in a live, streamed, attendee-free awards



*Otter Ailsa does her swim training*

ceremony. We're delighted that our fellow Kinross sports team Kinross Netball took the top prize of Club of the Year! Well done indeed to all of them.

As yet, we don't know when we'll be back at training but we're looking forward to the smell of chlorine and the pleasures of a 400 IM set....or maybe not. Coaches say they'll ease the swimmers in gently!

We're already rightly proud of our brilliant team spirit and the way the whole community of Kinross has rallied around each other has been so heartening to see.

In the meantime, stay safe, stay home and look after each other.

## Local Volunteer Opportunities

**Broke not Broken** is a voluntary organisation working for the prevention and relief of poverty by providing support and practical assistance to individuals and families experiencing hardship. Please contact Claire Slight to find out how you can help: [clare.slight@brokennotbroken.org](mailto:clare.slight@brokennotbroken.org)

**Greyhound Rescue Fife** at Baltree Country Centre, Gairneybank, Kinross, needs volunteers to clean the kennels and walk and feed the greyhounds. Can you help? Phone 01592 890583. Visit our website at [www.greyhoundrescuefife.com](http://www.greyhoundrescuefife.com)

**Kinross in Bloom:** Volunteer group that provides and maintains floral displays to enhance the environment of Kinross. If you are interested in volunteering, please contact Susan Mitchell at: [susan.mitchell50@gmail.com](mailto:susan.mitchell50@gmail.com)

**Kinross-shire Day Centre:** We are looking for volunteers to serve meals and help with day trips and activities, such as bingo and singing, for a lively bunch of over-aged teenagers (over 65s). If you would like to find out more, we would love to hear from you. Pop in and speak to Nan or telephone 01577 863869.

**KLEO (Kinross-shire Local Events Organisation):** If you enjoy local events on your doorstep, like the monthly Kinross Farmers' market and the winter festival events (concerts, comedy and the festive street market), please join the KLEO team! For more info about KLEO events, go to [www.kleo.org.uk](http://www.kleo.org.uk). If interested, please contact Bouwien Bennet at [info@kleo.org.uk](mailto:info@kleo.org.uk) or call 01577 863107.

**RSPB Scotland Loch Leven:** We need volunteer fundraisers to help support the wonderful world of nature on our doorstep. Pin badges, bucket collections, events and sponsored walks – if you'd like to join our team, please contact Lyndsay Stobie at: [Lyndsay.Stobie@rspb.org.uk](mailto:Lyndsay.Stobie@rspb.org.uk) or call 01577 862355.

**Kinross (Marshall) Museum:** The Museum Trust is looking for volunteers to help care for Kinross-shire's heritage collections and man the Museum Study Room in the Loch Leven Community Campus on Thursdays and Saturdays. If you would like to know more, drop by or contact the Museum on 01577 867153 or email: [information@kinrossmuseum.org.uk](mailto:information@kinrossmuseum.org.uk).

**Swansacre Playgroup:** A long established charity playgroup for children aged 2-5 years, we need volunteers to help support us with play sessions. For more information, please email [swansacre@gmail.com](mailto:swansacre@gmail.com)

**Kinross Heart Start:** Campaign to secure funds for public access defibrillators in Kinross. Contact Pamela Hunter to find out how you can volunteer on 01577 862419.

**Light Up Kinross** is a small local charity with responsibility for Kinross Christmas lights and decorations. We require additional volunteers to assist with fundraising and administration of the lights. If you are interested, please contact David Colliar, email [davidcolliar@tiscali.co.uk](mailto:davidcolliar@tiscali.co.uk) or Bill Freeman, email [billywhizkid78@gmail.com](mailto:billywhizkid78@gmail.com) or contact our Facebook page.

**Common Grounds:** Charity café staffed by volunteers on Tuesdays, Wednesday, Fridays and Saturdays in Guide Hall, Church Street, Milnathort. Open to public 10am-12.30pm. Opportunity to serve in café or bake for the café. Also opportunity to gain recognised hours towards Duke of Edinburgh Awards and Saltire Awards for young people 16 years and over. Funds raised are used to support charities mainly in Africa. Contact: Convener Elspeth Caldwell on 01577 863350 or Secretary Linda Freeman on 01577 865045 for more information.

**The Potager Garden** is a small community garden in Bowton Road, Kinross, KY13 8EQ. It is a registered charity run by volunteers, a main aim being to give education to schoolchildren about plants, gardening and the environment. If you would like more information about our volunteering opportunities, please contact the Convenor, Amanda James, on 01577 840809, or [amandajames1577@gmail.com](mailto:amandajames1577@gmail.com)

**Children's Hospices Across Scotland:** Can you spare a few hours of your time? We are looking for volunteers in our **kitchen, housekeeping, driving, childcare** and **garden** teams.



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**Milnathort Town Hall committee:** Can you spare a couple of hours a month? We are looking for volunteers to join us. For further information please contact us at [milnathorttownhall1@gmail.com](mailto:milnathorttownhall1@gmail.com). We would love to hear from you.



### Volunteering with Aberlour!

We are currently recruiting new volunteers to support Aberlour, Scotland's Children's Charity. If you have a genuine interest in the wellbeing of children and families and live in the Perth and Kinross area we would love to hear from you. To find out more, visit [www.aberlour.org.uk/volunteer](http://www.aberlour.org.uk/volunteer), or contact Shonagh (Volunteer Coordinator) on 07864 625069/[shonagh.ferguson@aberlour.org.uk](mailto:shonagh.ferguson@aberlour.org.uk).



**SPARKs** are a group allowing adults of all ages who have support needs or disabilities to meet together with their carers to improve their health & wellbeing. They meet in Loch Leven Community Campus every Thursday 1-3pm. Volunteers will be supported by workers Roseanne Gray – P&K Community Learning & Development Worker and Shona Fowler – NHS Project Worker. For more information please call 01577 867216 / 867218 or 07769 243282 / 07896 280843.



**Scotlands Gardens** Do you love gardens? Might you be interested in meeting local garden owners, helping to support local gardens that currently open for charity, plus those that are considering it? If so, and you would like to know more, please ring Lizzie on 01577 862900

### Kinross-shire Volunteer Group and Rural Outreach Scheme

Do you have some spare time? Do you enjoy driving? Are you a people person? If so we have the ideal volunteering opportunity for you. Kinross-shire Volunteer Group and Rural Outreach Scheme provide drivers to take people, mainly elderly, to appointments, shopping, etc. Basically any trip most of us take for granted can be a challenge for someone without a car who cannot manage public transport. Our volunteers provide not just a driver but a helping hand and a listening ear.



There is never any pressure, you accept the trips you want to do and no more. Some of our drivers are happy taking people to Ninewells, etc, others prefer to just do local runs – both are equally valuable. At KVG&ROS we value all our volunteers and in fact are the holders of a Volunteer Friendly Award. If you are interested and would like to hear more please phone Pauline on 01577 862685.

For more volunteering opportunities, go to the community website [www.kinross.cc](http://www.kinross.cc) and look for 'Volunteering', or look at [www.vaperthshire.org](http://www.vaperthshire.org)

**Organisations:** If you would like a volunteer appeal to be added to the list above, please email the Newsletter Editor.

**Please let us know if you no longer need your appeal to be listed.**



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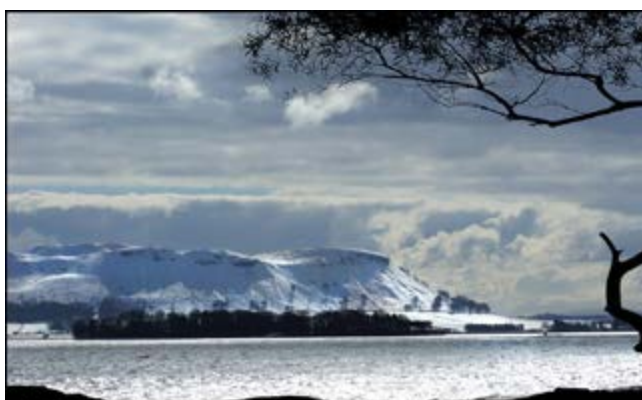


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# Connecting to nature to lift our spirits

WITH THE ARRIVAL of spring, there is so much incredible nature returning, blooming, growing and thriving outside. While we are in the midst of an unparalleled crisis, we must not forget the power of nature, including how watching nature can be so positive for our mental health and wellbeing.

Although the reserve is closed at Loch Leven, including the toilets and hides, people can still visit, arriving on foot or by bicycle to access the trails. During the lockdown we still want to reach out to people and get them to engage with nature and with, perhaps, more time on our hands do things that could help nature in our gardens and help keep the kids entertained as well. Here are a few ways to make that connection to nature easier.

### #breakfastbirdwatch

The RSPB is running a daily Breakfast Birdwatch, taking place between 8-9am weekdays, at a time when many of us would have been commuting to work, doing the school run, or otherwise unable to enjoy the splendour of nature, from the safety of our homes. There will be help online to identify what you have seen and heard and answer any questions.

Using #BreakfastBirdwatch on social media, we hope to create a friendly,



*Wildflower meadow and, below (!) a Bee B&B*

supportive and engaged community who are able to share what they can see in their gardens, on their balconies, rooftops and spaces from their own homes, all the while keeping within government guidelines in relation to Covid-19.

### Give nature a home in your garden

On our website [www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/](http://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/) there are lots of ways we can help nature in our gardens, no matter what the size. It could even be just a window box, which

can be quick and easy or take a bit longer to create, depending how much time you have available. There is information on how to make a frog and toad abode, create a mini pond, build a bee B&B, growing food for moths and flowers for butterflies or how to start creating a wildflower

meadow and much more. Have a look and get inspired.

### Wild Challenge

These are free and fun activities that get children up close and personal with nature. You can go as quickly or slowly as you like and we have a wide range of activities to suit your needs and location. There's something to do throughout the year, no matter what the weather brings! Activities are split into two categories Help Nature and Experience Nature and by completing activities from both of these means you can work towards Bronze, Silver and Gold Awards. For more information look on our website: [www.rspb.org.uk/fun-and-learning/families/family-wild-challenge/](http://www.rspb.org.uk/fun-and-learning/families/family-wild-challenge/)

### Online shop

If you find yourself running low on bird food and would normally come to the reserve to top up your supplies, you can still buy these through our online shop <https://shopping.rspb.org.uk/> and get them delivered to your door. There are also great jigsaws, games and books that will help pass some time too!





## Our Turn To Hibernate...

**WHEN FACED WITH SUCH** a terrible pandemic why is the weather so good? I would have been up Munros and out camping every weekend already this year. Instead I'm stuck at home with the wireless for company.

For up-to-date information on visiting the countryside please look at the Scottish Government website and look up Scottish Outdoor Access Code (SOAC).

We should have also been getting lots of work done unhindered by the weather. We have to put lots of fencing jobs off because of the Covid-19. The new viewing screens have been postponed until workers are allowed back on to the reserve.

Covid-19 has cruelly delayed the much-anticipated rebranding of Scottish National Heritage to Nature Scotland. We'll keep you updated with when this happens.

A number of our events have been cancelled for the year or postponed. Among them is the ever-popular Discovery Day.

The volunteers have been mostly sat at home but we've been cheering ourselves up with jokes and photos on our WhatsApp group. Like coiled springs our plucky workforce will be back on Wednesdays when the lockdown is lifted. If you are at a loose end and would like to volunteer with us, please phone the office or get in touch through the website. You will be more than welcome.

Louise has returned for the second year of her contract. She is stuck home-working but she has been busying herself on with social media updates and looking at bird data. Louise is also working on an exciting new nature app project. It is designed to help connect young people with nature. The app will encourage young folk to explore nature reserves and record wildlife they see, follow different trails and take part in activities and games.

Spring continues unabated after a fairly slowish start. The nights have been cold and trees slow to leaf. I see regular protestations from locals on social media that the flies are bad again. There have been some spectacular hatchings



*Blackcap*

already this year. Flies are easily avoided by sticking to areas where there is a breeze.

The first greylag geese and mallard have hatched young this year. There will be many more nesting on St Serfs at the time of writing.

Taking place on 5 May, International Dawn Chorus Day is the worldwide celebration of nature's greatest symphony. All across the world people rise early to revel in the sweet sound of birdsong. Walking around the trail, there are a lot of songbirds in full voice right now. You can hear the cheerful sound of chaffinches who regularly sing from up high in the pines. The descending song of willow warblers and the flutey melodic song of the blackcaps come from birch and willows around the loch. There are some really good videos on YouTube with common bird songs that are a great learning resource. My recommendation is to get out there and identify some bird song.

There are quite a few butterflies on the wing right now. Green-veined white, peacock, small tortoiseshell and red admiral on the wing. We await the forthcoming appearance of the orange-tip and small copper. If I'm lucky I might find the locally scarce comma.

With so much time on our hands we are managing to get plenty of content on the Loch Leven National Nature Reserve Facebook page and the Loch Leven Wordpress blog.

Many thanks for reading this column. After 19 years up here I'm returning back to my native Gloucestershire. I came up during the foot and mouth outbreak in 2001 and now return during coronavirus. I choose my moments.

*Jeremy Squire (soon to be ex) Reserve Officer*

## Weather



### Recent Weather Reports from Kinross

#### March

Total Rainfall	<b>74.2ml / 2.96in</b>
Heaviest Fall	<b>11.1ml/0.67in (1 Mar)</b>
Total Sunshine	<b>132.7 hrs</b>
Sunniest Day	<b>8.6 hrs (22 Mar)</b>
Max Temp Average	<b>8.81c</b>
Highest Temp	<b>12.5c (30 Mar)</b>
Min Temp Average	<b>1.16c</b>
Lowest Temp	<b>-3.7c (4 Mar)</b>

# Gardening

## Time To Go Potty

So much has changed in a month. Now our gardens have become a place of refuge and some of us – not me (un)fortunately, as I can work from home – are taking this opportunity to get our gardens in tip top shape, ready for the summer.

If you've been lucky enough to get annual flower seeds, there's still plenty of time to sow them – you can even sow hardy annual ones outside in May. For non-hardy ones, just fill a suitable container – seed tray, egg carton, meat tray etc – with some compost, sow the seeds according to the instructions, pop in a freezer bag or cover with clingfilm and put in a warm place to germinate. Once the seedlings are large enough to handle, transplant into trays and keep frost free until you can plant out into the garden in June.

Remember to harden your plants off before planting them



outside – simply put them outside during the day and back undercover at night for a couple of weeks to get them used to the Scottish weather. Then plant outside early June, about a foot apart and keep them fed and watered, sit back and wait for them to bloom, filling your garden with summer colour.

May is also a great time to get your pots ready for planting up. There's no need to empty them entirely, just scrape the top three or four inches of soil from the top and top up with fresh stuff. Remember to keep them well watered during the summer though as pots can dry out pretty quickly.

You're not too late to sow some sweet peas to get a bit of height in the garden. I build wigwams out of old raspberry canes for them to grow up – the canes do a grand job of supporting them. This year I've grown seeds in toilet roll inners as they have very long roots. When it's time, you simply plant the whole thing – the cardboard will disintegrate in the soil over the summer. I was always told that when digging up old sweet pea plants to leave the roots as they're good for boosting nitrogen in the soil. Not sure how true this is but I always do it and there's been no adverse effects yet!

So, did any of you overwinter your begonia corms last year? I did – I brought them out of hibernation a few weeks ago and



planted them in shallow trays of compost in a heated propagator to give them a bit of a kick start. I had about a 90% success rate, which I'll take as a win! After the corms got a good bit of growth on them, I planted up into bigger pots and put in the greenhouse to grow on. As usual I forgot to label them (hey, I'll remember which are which, won't I?), but they're starting to look like proper plants and they'll go into baskets and pots once the danger of frost has passed.

Some of you may be growing veggies – I mainly grow flowers so I'm of limited use in this area. My main advice is to grow what you eat a lot of – I usually try to grow some peas, carrots and beetroot as well as some soft fruit. If you're growing carrots, sow them straight in the ground as if you transplant them, you'll end up with curly carrots – have you ever tried peeling a curly carrot? If growing soft fruit for the first time please remember and net them. I like birds as much as the next person but I don't want them eating all my strawberries! As a general rule, netting should have big enough holes to let the bees in, but small enough holes to keep the birds out.

On that note, I'll sign off for this month. Please keep safe and well and enjoy your time in the garden.

*Teresa Stirling*



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# Isolation No Joke For Farmers

I MENTIONED IN MY LAST article that there were political discussions about whether or not to continue changing the time in spring and autumn. I think I wrote that whatever the decision, the sun would still rise in the morning and set in the evening.

That is certainly true, but it is rising and setting over a very different world from that of two months ago. Social distancing and self-isolation are some of the buzz words of the moment, and they are phrases that farmers flippantly respond to by saying 'aye well that's nae bother tae us, because we dae that a' the time anyway'. This may be misconstrued as an insensitive remark when many people are cooped up inside small areas when farmers are seen going about their business as 'normal' in wide open spaces especially at this time.

However, it is a flash of gallow humour about a subject of which increasing awareness has been building in recent years, and that is loneliness and isolation in the countryside and its effects on the mental health of farmers. Due to the reduced workforce and the increase of mechanisation in agriculture through recent decades, farmers have a greater tendency to work alone, and this, combined with poor communications in many rural (and not so rural) areas can turn what to many would be a rural idyll into a desolate prison. Sometimes, what you see from the outside looking in can be very different from the reality, and loneliness can manifest itself in many different ways.

Here at backward farm, the mental health of the crabbit auld farmer has certainly been given a boost by the recent spell of dry weather. It was desperately needed after an exceptionally wet winter and it is a pleasure to have the stoor blowing into the eyes again. Our barley has been planted as early as it has ever been into good conditions, and we are getting well through the lambing. We have lambed half of the ewes outside (the ones expecting twins) and the conditions have been very kind. We housed the ewes expecting one or three lambs so it would be easier to foster on any orphan lambs.

Most of the cows have calved and we have taken the unprecedented step of turning many of them out to a field next to the steading. There isn't much grass for them yet but they will be fed as much silage as they can eat and it will be fine as long as there isn't too much rain for the next week or so and the field has plenty of shelter.



Two of the sows have had litters of piglets, so their numbers have increased again and it is amazing how the sea of glaur they created has dried into almost concrete like conditions over the past month. It has certainly slowed down their hole-digging antics, although they are needing a lot of extra water carted to them.

So, it's pretty much springtime as normal here at backward farm, (if there is anything normal here anyway) at least from the outside looking in.

Take care, stay safe, be aware.

*John*

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# Kinross-shire Churches Together



## Kinross Parish Church

Church of Scotland (Charity no SC012555)

*Following Christ | Spreading the Word |  
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10 Station Road, Kinross KY13 8TG

Church website: [www.kinrossparishchurch.org](http://www.kinrossparishchurch.org)

Facebook: [www.facebook.com/kinrossparishchurch.org](https://www.facebook.com/kinrossparishchurch.org)

Church E-mail: [office@kinrossparishchurch.org](mailto:office@kinrossparishchurch.org)

Church office and church open: Mon-Fri 10am-12 noon.

Church Office: Tel. (01577) 862570

Contact the church office if you are interested in leasing rooms in the church or church centre.

Minister: Rev Alan D. Reid MA, BD Tel: (01577) 862952

Ordained Local Minister: Rev Margaret Michie (01592) 840602

Session Clerk: Jaffrey Weir Tel: (01577) 865780

**The church has been broadcasting worship services and times for reflection online and this has been appreciated by many, including people beyond the congregation.**

**Weblinks for Sunday Worship and midweek times for reflection and prayer:**

**Kinross Parish Church Facebook page**

[www.facebook.com/kinrossparishchurch](https://www.facebook.com/kinrossparishchurch)

**Kinross Parish Church worship channel on YouTube**

[www.youtube.com/channel/UC480WCgwA2SU1zBXLg%klfA](https://www.youtube.com/channel/UC480WCgwA2SU1zBXLg%klfA)

**The church is running a network of telephone contacts offering support and encouragement. Anyone who would value having someone phoning them for a regular chat should phone or email the church office – messages left will be accessed remotely every day.**

## Loch Leven Church

(Charity No: SC049050)

**Loch Leven Church is temporarily meeting online via Zoom, at 10.30am each Sunday. Everyone is very welcome to join the service; please just email us for the details to join in.**

To find out more about us, please visit our Facebook page 'We Love Loch Leven', our website [www.lochlevenchurch.com](http://www.lochlevenchurch.com), or email us at [info@lochlevenchurch.com](mailto:info@lochlevenchurch.com)



## Cleish Parish Church

Church of Scotland

(Charity No: SC003168)

Minister: Rev Lis Stenhouse BD (Hons)

Tel: 01577 842128

Email: [estenhous@churchofscotland.org.uk](mailto:estenhous@churchofscotland.org.uk)

Session Clerk: Neil Maclure

Email: [neil.maclure19@gmail.com](mailto:neil.maclure19@gmail.com) Tel: 01577 864826

Please visit our website: [www.cleishchurch.org](http://www.cleishchurch.org)

**We are really sorry but due to the Covid-19 restrictions we have had to cancel all services of worship, meetings and events for the foreseeable future.**

On Thursdays at 8pm we will ring our church bells, in support of the 'Clap for Our Carers Campaign', in recognition, appreciation and support of all the NHS workers who are fighting the Coronavirus pandemic every day.

Whilst our buildings are closed our church family life still continues. We are keeping in touch through our email network, phone and 'Zoom'



If you would like to join us please phone the Rev Lis Stenhouse 01577 842128.

**Wherever possible, church services are being live-streamed over the internet. Please check on your church web page or on the church noticeboard for further information about these or any outdoor events.**

## Orwell and Portmoak Parish Church

Church of Scotland (Charity number SC015523)

Minister – Very Rev Dr Angus Morrison

Telephone: 01577 863461

Email: [angusmorrison3@gmail.com](mailto:angusmorrison3@gmail.com)

Website: [www.orwellportmoakchurch.org.uk](http://www.orwellportmoakchurch.org.uk)

Contact the Office: 01577 861200



**Due to the current Coronavirus pandemic no services or meetings are being held until further notice.**

**However, our church bells are being rung each week at the normal times to remind people we are still here for them.**

Along with the other Kinross-shire parishes we will also be ringing our bells at 8pm on Thursday evenings in support for our NHS workers.

Services are being posted online each Sunday morning and are available for the rest of the week. To access these, log on to the church website, as above, click on Online Worship and follow the link on the page. DVD versions of the service are available to those without Internet facilities.

**The Church Office and Shop is also closed until further notice. The office email below is being checked, but less frequently than normal.**

[orwellandportmoakchurch@gmail.com](mailto:orwellandportmoakchurch@gmail.com)

## Fossoway, St Serf's & Devonside Church

Church of Scotland (Charity number SC013157)

Church Road, Crook of Devon, Kinross-shire, KY13 0UY

[www.fossowaychurch.org.uk](http://www.fossowaychurch.org.uk)

Minister: Rev Lis Stenhouse Telephone: (01577) 842128

Email: [estenhous@churchofscotland.org.uk](mailto:estenhous@churchofscotland.org.uk)

Session Clerk: Mrs Janet Harper Telephone: (01577) 840225

Email: [aclassicsoul@aol.com](mailto:aclassicsoul@aol.com)

Our church is a very warm and welcoming place situated in the Crook of Devon, a small village about six miles from Kinross. Come and join us, we would love to meet you.

## St Paul's Scottish Episcopal Church (Part of the Worldwide Anglican Communion)

Muir, Kinross, KY13 8AY

Tel: 01577 864299

Email: [office@stpaulskinross51.plus.com](mailto:office@stpaulskinross51.plus.com)

[www.stpauls-kinross.co.uk](http://www.stpauls-kinross.co.uk)

Fr David Mackenzie Mills, Rector.

Tel: 01577 863795

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

You can also find us on Facebook

[www.facebook.com/stpaulsepiscopalchurchkinross](https://www.facebook.com/stpaulsepiscopalchurchkinross)

St Paul's is inclusive, friendly and welcoming to all age groups (whether regular churchgoers or if you're simply inquisitive about who we are and what we do.)

## Churches Together

Wherever possible, church services are being live-streamed over the internet. Please check on your church web page or on the church noticeboard for further information about these or any outdoor events.

Every one of us is living through quite extraordinary and very anxious times. Of course people's health and wellbeing have to be prioritised, especially NHS workers and caregivers. This continuing national 'lockdown' is having huge consequences for all community activities, including our own at St Paul's. The services and events listed below are available as livestreams via 'Zoom' and thereafter recordings of services available through the church website. Please see our website and Facebook page for updated information as and when we have it to publish. I plan to do a weekly 'Facebook Live' reflection on Saturday mornings.

In the meantime, please be assured of our prayers and intercessions, especially if COVID-19 has directly affected you and your family. We live in hope that this health emergency will be over speedily and affect as few people as possible.'

*May the road rise up to meet you.*

*May the wind be always at your back.*

*May the sun shine warm upon your face;*

*the rains fall soft upon your fields and until we meet again,  
may God hold you in the palm of His hand.*

## Forthcoming services – all via Zoom and livestreamed

### May 3rd: Easter 4

9.30am 'Virtual' Holy Communion

### May 10th: Easter 5

9.30am 'Virtual' Holy Communion

### May 17th: Easter 6

9.30am 'Virtual' Holy Communion

### May 24th: Easter 7

9.30am 'Virtual' Holy Communion

### May 31st: DAY OF PENTECOST

9.30am 'Virtual' Holy Communion

4pm Evensong (Facebook Live)

## Acknowledgements

Elizabeth Reid and family would like to thank everyone for the kind cards, messages and flowers received following Jim's death on 26 February. We'd also like to thank all the staff at Rumbling Bridge Nursing Home for all the care and attention they provided to Jim and the whole family. Thank you to J&D Funeral Directors and Rev Alan Reid for their guidance and professionalism. £180 was collected after the service for the Scottish Charity Air Ambulance in Jim's name.

The family would like to thank everyone for their kind words and condolences following the passing of Jack Currie, of South Street, Milnathort, aged 93. Jack made many friends during his time in the village and was a 'regular' in Heaven Scent, Reminisce and the Cashmere coffee shop. He will be hugely missed by all who knew him.

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## St James' Catholic Church

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## Regular Services

### Mon 7pm

Holy Mass preceded by Confessions and Prayer Group at 8pm in the church hall.

### Tue 10am

Holy Mass preceded by Confessions and Morning Prayer (9.30-9.50am).

### Wed 10am

Holy Mass preceded by Confessions and Morning Prayer (9.30-9.50am). Teas/Coffees after Mass, in the church hall.

### Thu 10am

Holy Mass preceded by Confessions and Morning Prayer (9.30-9.50am).

### Fri 10am

Holy Mass preceded by Morning Prayer & Confessions (9.30-9.50am)

### 3pm

Divine Mercy Devotions.

### Sat 10.30am

Adoration of the Blessed Sacrament and Confessions (first Saturday of every month Holy Mass at 10am).

### 6pm

Vigil Mass.

### Sun 9.30am

Mass (teas/coffees after Mass in church hall).

Confessions also on request.

Prayer Group meets on a Monday, 8pm-10pm, in the church hall and is open to all.

Children's Catechism class meets every Monday during term time, 3.45pm-4.30pm in the church hall.

The weekly newsletter, Mass times, news and updates or changes can be found on our website.

## Kinross Christian Fellowship

Jesus said, 'I am among you as one who serves.'

Sunday morning service at 10.30am (refreshments and blether at 10am), Millbridge Hall, Old Causeway, Kinross.

Lively praise (children participate), reverent worship open to the leading of the Holy Spirit, prayer, ministry and solid Bible-based preaching and teaching. An all-round family service for families, which includes Sunday School. Communion every second Sunday, as is our evening service at 6.30pm; a time for praise, worship, sharing and joy in The Lord Jesus. (Followed by light refreshments and more blether.)

Everyone is welcome to either service or to both, so please come and *taste and see that the LORD is good*.

Contact Peter on 01577 863509, for further information.

KCF also runs the Talking Donkey cafe – see separate notice in the Newsletter. Additionally, the Friday evening Youth Group at the Millbridge Hall (Space) is also the responsibility of our Fellowship, and we are pleased to accept this privilege.

## Kinross Gospel Hall

Montgomery Street, Kinross [www.kinrossgospelhall.info](http://www.kinrossgospelhall.info)

Sunday 10.30am Breaking of Bread.

12.30pm Sunday School.

4.00pm Gospel Meeting (1st and 3rd Sundays of the month, Friends and Neighbours Tea).

Monday 7.30pm Prayer Meeting.

8.15pm Bible Study.

Thursday 9.30am Toddlers Group (Montgomery Toddlers).

## Heart & Soul THERAPY CENTRE

### Zoom Online Classes

#### Monday

Pilates With Zoe - 9.30am  
Yoga With Carmelina - 6.00pm  
Pilates With Zoe - 7.45pm

#### Wednesday

Pilates With Zoe - 9.30am  
Meditation With Zoe - 8pm

#### Thursday

Yoga With Catharine - 6.30pm  
Yoga With Catharine - 7.45pm

#### Friday

Pilates With Zoe - 9.30am

Meditation with Zoe will be FREE. Classes will be £7.00. You will need to download the free Zoom app, this can be done on a phone, laptop, computer or tablet. Signing up to classes is essential as you will be sent an invitation 15 minutes before the class starts with log in information.

If you would like to join our online classes please email

[relax@heartandsoultherapy.co.uk](mailto:relax@heartandsoultherapy.co.uk)

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# Where Am I?

How well do *you* know Kinross? You might manage to identify these Kinross-shire images on this page and the next from memory alone. If you do go out looking for them, make sure to incorporate them into your daily exercise outing! We hope you enjoy trying to work out where they all are.





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## Grants For Good Causes

**Kinross Community Council**

**Newsletter Limited (KCCNL)**

**Charity No. SC040913**

All profits from the *Kinross Newsletter* are transferred to a charitable company, KCCNL, and given away to local good causes. Groups and individuals are invited to apply to KCCNL for grant funding. Decisions on grants are made at two meetings per year. The deadlines for grant applications are:

**31 March and 30 September**

More information is available on the [kinross.cc](http://kinross.cc) website. Applications may be downloaded from the website or obtained from the Applications Administrator, Barry Davies, Tel 01577 865004 or email [barrydavies57@btinternet.com](mailto:barrydavies57@btinternet.com)



## Befriending Kinross

**Are you new to the Area?**  
**Would you like someone to talk to?**

Someone to have a coffee with?

**Help to feel less socially isolated?**

If you would like to request a befriender please contact us and we will arrange a time to meet with you to discuss the process.

[ptb.kinross@bethanyct.com](mailto:ptb.kinross@bethanyct.com)

t: 07747 018 550



## HEDGES, BUSHES OR TREES CAUSING OBSTRUCTION

Property owners are reminded that it is their responsibility to cut back hedges, branches, bushes etc to ensure that pavements and public footpaths are not obstructed.

Property owners may be liable if injury is caused to others and may be charged costs if Perth & Kinross Council is forced to take action.

When undertaking work on hedges, check that there are no birds nesting. It is an offence under the Wildlife & Countryside Act 1981 to damage or destroy the nest of any wild bird while it is in use or being built. The bird nesting season is usually considered to run from March to August.

## Perth Citizens Advice Bureau

Perth CAB can help you. Our advice is free, confidential, impartial and independent.

Contact us: Advice line 01738 450580.

Appointment line 01738 450581.



## Benefits Advice in Libraries (BAIL)

People who need help to identify and claim the right benefits or advice to help them to negotiate the benefits system in any way can access assistance from Perth Citizens Advice Bureau's 'Benefits Advice In Libraries' project in Kinross at Loch Leven Library. The service is available on Tuesdays by appointment only. Telephone the bureau on 01738 450581 to make an appointment.

## Debt and Money Advice Service

Perth CAB has a team of specialist debt advisers. Advice is free, confidential, impartial and independent. To talk to a specialist debt adviser call 01738 450590 or email David Ogston (senior debt adviser) using the following email address: [David.Ogston@Perthcab.casonline.org.uk](mailto:David.Ogston@Perthcab.casonline.org.uk)

## Newsletter Deadlines

More deadlines for the months ahead can be found on our website.

In very rare circumstances it may be necessary to change a deadline at short notice. Check the *Newsletter* website for latest information: [www.kinrossnewsletter.org](http://www.kinrossnewsletter.org)

Issue	Deadline	Publication Date
June	Friday 15 May	Saturday 30 May
July	Friday 12 June	Saturday 27 June

## 100th Birthday and

## Diamond Wedding Anniversaries

Do you know a Perth & Kinross resident who is celebrating their 100th or 105th+ birthday?

Do you know a Perth & Kinross couple celebrating their 60th, 65th or 70th wedding anniversary?

PKC can arrange delivery of flowers or for a local Councillor to present a basket of flowers to the person or couple on their special day.

**Tel: 01738 475051** Email: [CivicServices@pkc.gov.uk](mailto:CivicServices@pkc.gov.uk)

## Local Correspondent

for Perthshire Advertiser  
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**Linda Freeman**

**Tel 01577 865045.**

**Email: [linda.freeman\\_64@btinternet.com](mailto:linda.freeman_64@btinternet.com)**

## Community Councils

**Kinross:** Chair: Bill Freeman, 01577 865045  
Email: [kinrosscommunitycouncil@gmail.com](mailto:kinrosscommunitycouncil@gmail.com)

**Milnathort & Orwell:** Chair: Craig Williams, 07885 722125  
Email: [craig@stovestuff.scot](mailto:craig@stovestuff.scot)  
Sec: Elizabeth Rougvie  
Email: [communitycouncilmilnathort@gmail.com](mailto:communitycouncilmilnathort@gmail.com)

**Portmoak:** Chair: Graham Cox  
Email: [portmoakcommunitycouncil@pkc.gov.uk](mailto:portmoakcommunitycouncil@pkc.gov.uk)

**Fossoway & District:** Chair: Trudy Duffy-Wigman, 01577 840669  
Email: [fossoway.cc@gmail.com](mailto:fossoway.cc@gmail.com)

**Cleish & Blairadam:** Sec: Patty Fraser, 01577 850253  
Email: [cleishcommunitycouncil@pkc.gov.uk](mailto:cleishcommunitycouncil@pkc.gov.uk)

## Kinross Community Councillors

Margaret Blyth	6 Muir Grove	
David Colliar	10 Rannoch Place	01577 864037
Bill Freeman (Chair)	64 Muirs	01577 865045
Lynne McKay	5 Springfield Road	01577 531076
Thomas Stewart	Gellybank Farm	01577 864603
Malcolm McFarlane		

## Portmoak Community Councillors

S McGregor	(Secretary)	
A Cragoe	(Treasurer)	
Susan Forde		01592 840128
Tom Smith		01592 841160
Graham Cox	(Chairman)	
Dave Morris		01592 840500
Andrew Muszynski		01592 840467

Have a look at our website: [www.portmoak.org](http://www.portmoak.org)

## Perth and Kinross Councillors Kinross-shire Ward

**Cllr MIKE BARNACLE** (Independent)  
Tel/Fax (home): 01577 840516.  
Email: [michaelabarnacle@gmail.com](mailto:michaelabarnacle@gmail.com)  
Website: [mikebarnacle.co.uk](http://mikebarnacle.co.uk)  
Moorend, Waulkmill Road, Crook of Devon, Kinross, KY13 0UZ

**Cllr CALLUM PURVES** (Scottish Conservative & Unionist)  
Tel (office): 01738 475092. Mobile: 07557 812570.  
Email: [cpurves@pkc.gov.uk](mailto:cpurves@pkc.gov.uk)  
54 Lathro Park, Kinross, KY13 8RU

**Cllr WILLIE ROBERTSON** (Scottish Liberal Democrats)  
Tel (home): 01577 865178. Mobile: 07909 884042.  
Email: [wbrobertson@pkc.gov.uk](mailto:wbrobertson@pkc.gov.uk)  
85 South Street, Milnathort, Kinross, KY13 9XA

**Cllr RICHARD WATTERS** (SNP)  
Mobile: 07557 812513.  
Email: [rwatters@pkc.gov.uk](mailto:rwatters@pkc.gov.uk)  
Applegarth, Sunnypark, Kinross, KY13 8BX

## John Nicolson MP

### Member of Parliament for Ochil and South Perthshire

Telephone: 020 7219 3000

Email: [john.nicolson.mp@parliament.uk](mailto:john.nicolson.mp@parliament.uk)

Twitter: <https://twitter.com/mrjohnnicolson>

Facebook: <https://facebook.com/JohnNicolsonSNP>

Instagram: <https://www.instagram.com/johnnicolsonmp>

## Member of the Scottish Parliament for Perthshire South & Kinross-shire

### Roseanna Cunningham MSP

Constituency office: 63 Glasgow Road, Perth, PH2 0PE  
Telephone: 01738 620540

Email: [roseanna.cunningham.msp@parliament.scot](mailto:roseanna.cunningham.msp@parliament.scot)

## Members of the Scottish Parliament for Mid Scotland and Fife Region

All MSPs can be contacted at the following address:  
The Scottish Parliament, Edinburgh, EH99 1SP

**Claire Baker MSP** (Labour) Tel: 0131 348 6769  
Email: [claire.baker.msp@parliament.scot](mailto:claire.baker.msp@parliament.scot)

**Murdo Fraser MSP** (Conservative) Tel: 0131 348 5293  
Email: [murdo.fraser.msp@parliament.scot](mailto:murdo.fraser.msp@parliament.scot)

**Dean Lockhart MSP** (Conservative) Tel: 0131 348 5993  
Email: [dean.lockhart.msp@parliament.scot](mailto:dean.lockhart.msp@parliament.scot)

**Alex Rowley MSP** (Labour) Tel: 0131 348 6826  
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## Mobile Library Service

All Library services are cancelled for the foreseeable future

For more information, see: [www.culturepk.org.uk/libraries](http://www.culturepk.org.uk/libraries)  
and click on 'Services in the Community'

## Perth Samaritans

Need to talk? We'll listen.

Contact us by

**phone:** 01738 626666 or 08457 909090

**email:** [jo@samaritans.org](mailto:jo@samaritans.org)

or **visit** us at 3 King's Place, Perth, PH2 8AA

Mondays	1630 – 2130	Thursdays	1630 – 1900
Wednesdays	0830 – 1100	Fridays	1000 – 1630
and	1930 – 2130	Sundays	0800 – 2130

No pressure, no names, no judgment.

We're here for you, anytime.

## Enquire

Are you looking for information about your child's rights to support in School? If so, contact Enquire, the national advice and information service for additional support for learning.

Enquire offer: a confidential telephone helpline and online enquiry service, practical guides, fact sheets and newsletters, helpful materials for children and young people with additional support needs.

For more information contact: Tel 0345 123 2303

Website: [www.enquire.org.uk](http://www.enquire.org.uk)

Enquire is funded by the Scottish Government and managed by Children in Scotland.

# Puzzles

Welcome to our not-so-fiendishly-difficult puzzles page – enough to test your brain, not so much that it will explode from the strain. A moderately difficult sudoku, some easy anagrams and a Kinross-themed crossword should be enough to accompany your mid-afternoon cup of tea and shortbread.

## SUDOKU

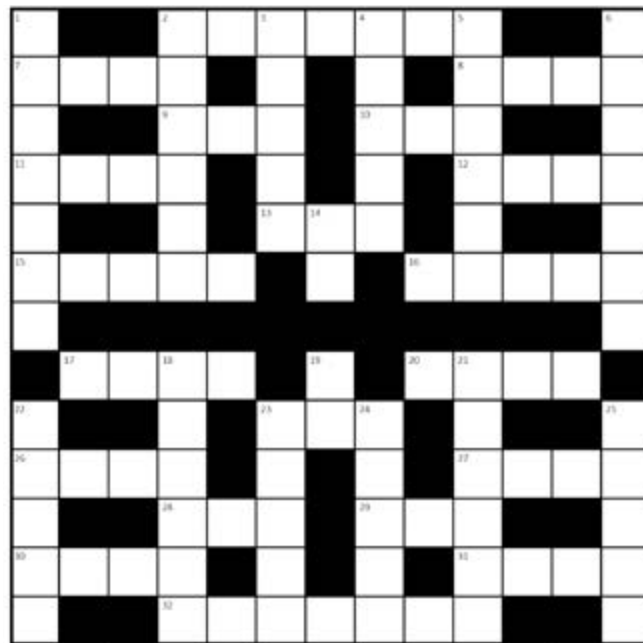
		8	7					
9	3							7
	4		6	9			8	
			5		9	3	1	
6				4				5
	9	5	8		2			
	7			2	6		4	
4							7	3
					8	9		

## SPRING ANAGRAMS

MSOSBOL	-----
RWAM	-----
RBISD	-----
TREAES	-----
OFDIADLF	-----
WGOR	-----
VELAMRAPIR	-----
BALSM	-----
PAURSAGSA	-----
OWSEFRL	-----
NPTLA	-----
HCINAGHT	-----
IPNCIC	-----
ROSCSECU	-----

## KINROSSWORD

Test your local knowledge with our crossword, where a number of the clues relate to Kinross and the surrounding area. No prizes – just bragging rights for getting it right. Answers on page 86.



### ACROSS

- 2 You can do this without Age, in Kinross (7)
- 7 A section of the choir (4)
- 8 Lion noise (4)
- 9 Armed conflict (3)
- 10 A pair (3)
- 11 A person extremely interested in one subject (4)
- 12 Benarty has a great one (4)
- 13 A place to relax, in Kinross House (3)
- 15 Furnaces, ideal for pizza (5)
- 16 Easy to interpret (5)
- 17 A state of owing money (4)
- 20 Children are having to do this in their own gardens (4)
- 23 A long, narrow inlet formed by the partial submergence of a river valley (3)
- 26 If this Editor finds one she'll be unhappy (4)
- 27 Human settlement (4)
- 28 Of crucial importance (3)
- 29 Type of wood (3)
- 30 End of address for 6 down (4)

- 31 Where you can find Kinross curlers (4)
- 32 A composition for nine instruments (7)

### DOWN

- 1 Spotted in Kinross windows at the moment (7)
- 2 A local Japanese Garden (6)
- 3 Spiral or coil (5)
- 4 A subcontinent of southern Asia (5)
- 5 Act in an obsequious way in order to gain forgiveness (6)
- 6 Where beer is made (7)
- 14 3.14 (2)
- 18 Foodbank are not this (6)
- 19 A greeting still possible when socially distancing (2)
- 21 Kinross housing development (6)
- 22 A place to buy from at the Farmers' Market (5)
- 23 Synthetic material (5)
- 24 What we must now keep when we see other people (5)
- 25 Legless reptile (5)

## Weekly Programme

Monday	Hearing Loss Support & Advice	11.00am (6th ONLY)
	Scrabble, cards & other games	1.15pm
	Bingo	1.30pm
	'Stride for Life' Walking Group	2pm
Tuesday	Carpet Curling	11am
	Relaxation Class	1.15pm
	Board Games, Dominoes etc	1.15pm
Wednesday	Morning Worship	10.45am
	Dominoes, Scrabble & other games	1.30pm
	Art Class	1.30pm
Thursday	All-Day Barge Trip	All Day (1st April)
	Film or Music Afternoon	1.30pm
	Dominoes, Scrabble, Cards	1.30pm
	Balance & Strength Class	1.30pm
	Sabres Concert	1.30pm (16th ONLY)
Friday	Carpet Curling or Boccia	11am
	Dominoes, Games or Music	1.30pm (EXCEPT 14th)
	Bingo	1.30pm (EXCEPT 14th)



**ALL ACTIVITIES  
CANCELLED UNTIL  
FURTHER NOTICE**

**\* GENTLE LINE DANCING \***

**NEW CLASS COMING SOON – DATES TO BE CONFIRMED!**

Film shows • Cards  
Dominoes • Art Class  
Exercises • Chiropody  
Trips • Daily Papers

**COFFEE BAR OPEN TO ALL from 8.30am – 4pm**

**Older Adults Lunches Daily**

Our activities are open to everyone. Please feel free to come in and have a great afternoon.



**01577 863869**

**kindaycent@tiscali.co.uk**



## Useful telephone numbers

### Medical

Loch Leven Health Centre	01577 862112
Loch Leven Health Centre Out of Hours	01577 865252
NHS 24	111
Perth Royal Infirmary main switchboard	01382 660111
Perth Royal Infirmary (Admissions and Enquiries Desk)	01738 473734
Ninewells Hospital, Dundee	01382 660111
Victoria Hospital, Kirkcaldy	01592 643355
Queen Margaret Hospital, Dunfermline	01383 623623
Rowlands Pharmacy, Kinross	01577 862422
Davidson's Chemist, Milnathort	01577 862219

**Police, non-emergency** 101

**Police, Fire & Rescue, Ambulance & Coastguard emergencies** 999

**Gas** (worried about gas safety) 0800 111 999

**Water** (loss of supply, foul water emergency) 0845 600 8855

**Floods** SEPA Floodline recorded messages 0345 988 1188

### Perth & Kinross Council (PKC)

Customer Service Centre (Mon- Fri, 8am-6pm)	01738 475000
Reporting non-emergency Road and Lighting faults (CLARENCE)	0800 232323

### PKC Out of Hours emergency numbers

Adult care services	0345 301 11 20
Anti-social behaviour helpline (*42* telephone and leave a voicemail)	01738 476173*42*
Child protection	01738 476768
Council housing emergency repairs	01738 476000
Dangerous buildings	01738 476476
Environmental Health	01738 476476
Flooding	01738 476476
Homelessness	0800 917 0708
Mental health services	0345 301 11 20
Roads (e.g. reporting blockage)	01738 476476

### Traveline Scotland

0871 200 22 33

### Loch Leven Community Campus

01577 867200

### Kinross High School

01577 867100