

Soirbheas

Investing in the communities of Glen Urquhart & Strathglass

Striding Out!

Soirbheas is keen to encourage others to recognise the benefit of walking and hope to establish a Health Walk group in the community. We all know we should take more exercise but sometimes we just need a bit of encouragement! With this in mind Soirbheas has organised two 'taster' Health Walks, the second of which will take place on Tuesday 25th October.



Fourteen people joined the 1st walk, anyone keen to give it a go should meet at the car park behind Scotmid in Drumnadrochit at 1.30pm.

The walks will take approximately 45 mins, suitable for all abilities and end with cup of tea and a chat!

We are also looking for volunteers to become Health Walk leaders. If you are interested in getting involved please join us or get in touch to learn more about it. For more information contact Carol.

Soirbheas is taking up the Paths for All 'Step Count Challenge'. Fancy challenging us? All you need is a team of five to sign up by 31st October. For details visit—www.stepcount.org.uk/

Get To Know Your Techo!

Coming soon - Do you have an tablet or smartphone that you can't make head nor tail of? Would you like to learn how to Skype or Facetime family or friends? Then we might be able to help! "Get to Know your Techo" are free informal drop in sessions offering basic support. Please get in touch if you might be interested in attending, so we can let you know when it starts!

Cut Your Fuel Bill

Eight local people took part in the FuelGood Driver training sessions this September. The training helps drivers to become more fuel efficient in their driving style and save money too. The feedback



from the participants was very positive, with one individual reporting that they had made a whopping 20% reduction in their fuel consumption! If you or your organisation could benefit from this training go to www.energysavingtrust.org.uk or download the FuelGood driving app and get saving!

Tattie Project 2016

Do you know a fluffy one from a smooth one? Or the difference between a Shetland Black to a Jazzy? The Soirbheas Tattie Project promotes the humble spud as a versatile, healthy and cheap food. This year Soirbheas distributed 2,500 seed potatoes into the community via all 3 primary schools, the High School, Glenurquhart Care Centre and the Childcare Centre for them to grow, sell to families and community members to generate funds for other gardening projects.

In partnership with the Horticultural Society, we also held a very successful seed Tattie Sale Day in March. Some varieties sold out very quickly and it was fantastic to see people who had never grown potatoes before coming along for tips and advice. It is estimated that the project has generated over 2 tonnes of locally grown potatoes being eaten this winter! One local grower reported that they had wowed some Australian guests with their impressive home grown pink and blue potatoes!



Championship Enters at the 2016 Glenurquhart Flower Show

For more details on the project and some tasty tattie recipes visit our website. Keep an eye out for news of the 2017 Tattie Project in the Spring Newsletter.

Funding Updates

Since April 2014, Soirbheas has awarded a total of 35 grants to support a range of community projects, events, educational activities and purchase of equipment (see [website](#) for details).



Strathglass Gala



Glenurquhart High School Residential

The next deadline for Tier 2 (£501 - £10,000) applications will be announced on our website shortly and we are keen to hear about your project ideas. Tier 1 (up to £500) will remain open as long as funds are available.

Soirbheas would like to hear from local businesses that might be interested in taking on a Modern Apprentice with support through the Soirbheas Apprenticeship Grant scheme - which will be available from Spring 2017 for applications.

Soirbheas provides regular update on other funding opportunities which you can find by visiting the [Funding](#) section on our website or have a chat with our Community Development Officer, Carol Masheter.

Helping To Reduce Waste

In September, Soirbheas assisted Glenurquhart Care Centre to undertake a food waste audit. The good news is they are doing a great job and are exploring the options to increase their recycling and to introduce composting. If you could benefit from some tips and recipes to reduce your food waste at home visit <http://scotland.lovefoodhatewaste.com/>. Still not sure what to put in your blue bin? Visit <http://www.highland.gov.uk/> to get it sorted!

Superfast Broadband

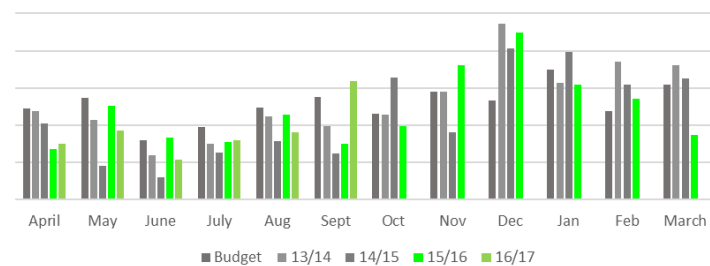
The Loch Ness Community Broadband Partnership aims to bring superfast (>30Mb) broadband to communities in the area (within Ward 13) that are not due to benefit from the Digital Scotland Superfast Broadband (DSSB) programme, a contract between the Scottish Government, Highlands and Islands Enterprise and BT to provide access to fibre broadband. This is an 'aggregate' project which will bring a number of communities together in one large project. For further information visit www.soirbheas.org/ward-13-community-broadband-partnership/

Support For Local Care Givers

Do you care for a family member, friend or neighbour? Glenurquhart Care Centre are setting up a new Carers' Information Group and invite you to come and have your say and help shape the new group. The first meeting takes place on **Thursday 27th October 10 am — 12 noon** at the Care Centre in Drumnadrochit. For further information please contact Paula Copper on 01456 459077.

Latest Wind Farm Data

Corrimony Wind Farm
Results in billable MWh
up to end September 2016



Please join Soirbheas — Membership is free and open to anyone 12+ who is a local resident. Input from the members is important to ensure we remain in touch with what our communities need. If you are already a member, please make sure we have your up-to-date contact details.

How to get in touch

Email carolmasheter@soirbheas.org,

Phone Carol Masheter,

Community Development Officer on 0751 445 2783,
visit the **website:** www.soirbheas.org

Or find us on Facebook or follow us on Twitter.