

# North Carrick Community News

Autumn issue 2018  
[www.nccbc.org](http://www.nccbc.org)

Crosshill . Dunure . Fisherton . Kirkmichael . Kirkoswald . Maidens . Maybole . Minishant . Straiton . Turnberry

## Where do we go from here?



Welcome to the third newsletter from North Carrick Community Benefit Company

Our main source of income is from ScottishPower Renewables and we have also had funding twice from the Scottish Government's Community Choices Fund. South Ayrshire Council's Health and Social Care Partnership contributed funds as well via Maybole and North Carrick Villages Locality Planning Group.

Over the past three years, the total funding received by has been £1.2 million; this in turn, through match funding, has generated £3.3 million income to North Carrick groups. In this issue, we have included small and large projects to show that even the smallest project can make a difference in a community.

In addition, there is information on the way forward in ensuring that you can play your part in future plans for your community in North Carrick.

Remember – your voice matters!



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## North Carrick Community Benefit Company Directors are:

- **Crosshill, Straiton and Kirkmichael:** Henry Anderson, Norman Geddes and Pat Lorimer (Treasurer)
- **Dunure:** Angus Craig and Tim Donaldson
- **Maidens, Turnberry and Kirkoswald:** Chris Savage, Gordon Caldwell and Les McFadzean
- **Maybole:** David Kiltie, Senga Mason and Mark Fletcher (Chair)
- **Minishant:** Jackie Murray and Debbie Watt

Funding is available for a wide range of projects and to find out more or to apply to this fund please contact Marion Young on 01292 612626 or your community council representatives. You can also contact the company directly on [ncarrickcb@gmail.com](mailto:ncarrickcb@gmail.com)

Copies of the newsletter are delivered to every house in Maybole and the North Carrick villages. If, for any reason, you don't receive a copy please let your community councillors know. Extra copies will be left in various outlets in each community.



## Carrick and Maybole Walking Football Group

Carrick and Maybole Walking Football Group received funding to help reduce the cost of the weekly walking football sessions, including transport costs to competitions, and to purchase equipment to enhance the quality of experience.

The majority of players are over 60 years old (50 is the cut off) with a number over 70. Many players have improved their long term health with many players recovering from heart attacks, brain surgery, hernia operations, hip replacements and mental health issues.

The two most outstanding successes this year involved players from the Carrick and Maybole WF

group who were part of the Scotland team which won the World Supermasters over-65s Cup at Bristol, defeating England on penalties in the final. Gary McLaughlin, whose main WF venue is Carrick Academy, is the first Chairman of Walking Football Scotland.

Gary McLaughlin, 58, was introduced to walking football after his second heart attack and a total of seven stents placed in his heart. He told us, "I am happy to say I am fitter now than I was 10 years ago, my balance, breathing and general quality of life has improved tremendously through playing walking football."



Gary is front row 2nd from right



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# North Carrick Cares

**Recently, Maybole and North Carrick Locality Planning Group (LPG) hosted an event in the McCandlish Hall, Straiton, aimed at raising awareness of the community-based services delivered across North Carrick.**

*The following groups and people attended the event:*

- Chic Martindale, Community Engagement Officer for the Health and Social Care Partnership
- South Ayrshire Community Transport – Catriona Haston
- Crossroads Caring For Carers – Brian Kelsey
- Social work, Maybole/Girvan community care team – Heather Mundell
- Seascope – May Gilchrist
- Carrick Community Learning and Development Team – Alison Wales
- South Ayrshire Dementia Support Association – Liz Campbell
- Community Link Practitioners - Tracey Middleton and Debbie McClymont
- The Carrick Centre – Andrea Hutchison
- Jen Williams, Straiton Community
- VASA (South Ayrshire Life) – Vivienne McNeill

All stall holders provided a short presentation about their project within North Carrick before everyone enjoyed a delicious buffet.

Entertainment was provided by Celtic Voices and funds for the events were provided by North Carrick Community Benefit Company.



Members of the public were then encouraged to visit each stall to find out more information about the service that each provide in North Carrick.

***The Maybole and North Carrick LPG is keen to continue to grow and develop its work locally and has now held three events with the final one to be held in Town Hall on Monday 1st October from 6pm - 8pm.***

**NORTH CARRICK CARES**  
Maybole and North Carrick Villages Locality Planning Group

## INVITATION

CONNECTING  
COMMUNITIES

You are invited to join us at an information evening to find out more about what community based services are operating in your local area

**How can our community help?**

**What is Dementia?**

*Come along and find out*

MAYBOLE  
Town Hall

Monday 1st October  
6pm - 8pm

- We are North Carrick, we care about our community.
- Safe accessible place for all.
- Dementia Friendly community.



# A note from Mark Fletcher, chairman of North Carrick Community Benefit Company

At our AGM this year, lots of information was shared by members and we feel the wider community may be interested in seeing how our funding is being used as well as some of the topics which are discussed at meetings like this, and at board meetings.

We have completed three years of successful funding administration and, whilst the majority of our income comes from the community benefit funding provided by Scottishpower Renewables generated through Dersaloch wind farm, we have also been successful twice in receiving funding from the Scottish Government's Community Choices Fund.



We have further supported Participatory Budgeting events in partnership with the Maybole and North Carrick Villages Locality Planning Group, an organisation supported by South Ayrshire Council and NHS Ayrshire and Arran.

***Participatory Budgeting (PB) is recognised internationally as a way for people to have a direct say in how local money is spent.***

In those three years, the total sums of funding received by us has been £1.2 million; this in turn, through match funding, has generated £3.3 million income to North Carrick groups (subject to all projects completing)

Over the lifetime of Dersaloch wind farm the expected income is around £8 million and the potential income for North Carrick could be close to £30 million if we continue with this scale of match funding.

## How do we make that happen?

A key requirement of funding is the need to generate further income (match funding) as this makes the funds we receive go so much further and achieve so much more. There are lots of ways to raise match funding and, depending on the scale of projects and the amount of funding required, ambitious thinking is sometimes required.

Groups can apply to other funders; use the charity shop; or hold fundraising events like dances, race nights, sponsored events and raffles. There are many other ways which could be used to improve the chances of securing funding.

Fundraising is a good way of building the capacity of local organisations, ensuring sustainability and a great way of having, and hosting, fun events to achieve goals.

Participatory Budgeting (PB) events have been held over the past three years and lots of groups have secured funding in this way and the criteria for this was set by funders like Community Choices. It should be noted that, with the exception of small local PB at the action plan meetings coming up this year, NCCBC currently has no plans to host PB events in this financial year. This should be kept in mind by groups looking for funding possibilities this year.

Please note that if funding is a scary concept, and we appreciate it can be, it's worth noting that South Ayrshire Council has an external funding officer Andy Lee who is there to assist groups. NCCBC will be employing a development officer to work with groups on regeneration projects and asset transfers to name just two of the NCCBC priorities going forward.

To give you an idea of what types of groups or projects that have been funded, we have compiled this sample list. These figures are the sums given out and not necessarily the project values.

All schools across North Carrick £130,000; Sports groups and sporting activity of all types £60,000; Community buildings and spaces £190,000; Health-related projects £50,000; Music projects £20,000; Youth-related projects £50,000; Environmental protection and accessibility £45,000; Community transport £60,000; Community projects that affect larger numbers through events or delivery of services £140,000.

Please note that although we have put these figures against a specific definition (applicant group) lots of grants tick more than one box, e.g. schools could also class as youth and sport in some cases; building and spaces can incorporate youth, seniors, sport and health and wider community etc., dependent on the use of buildings; and sport can affect seniors and youths; health fits most of the categories so the above is a simplified summary so you can get a flavour of the types of applications we receive.



NCCBC is open to funding applications this year and we are accepting applications up to £1,000 with 10% minimum match funding and up to £5,000 maximum grant with 25% minimum match funding required.

Applications over £5,000 will require 50% minimum match funding and must fit within the regeneration category. Regeneration projects should fit with community action plans and should demonstrate the reversal of decline, promote economic growth and improve quality of life.

All projects should be able to prove sustainability and in the event of over-application the strongest applications will be those that demonstrate sustainability, offer best impact in the community or field of support offered and have maximum, not minimum, match funding.

A good example of this was a £325,000 project that required only 18% funding from NCCBC.

The NCCBC is working with community councils to develop action plans for each community that can help us focus funding to priorities across North Carrick (see separate article on page 12 & 13). We are aware that in some communities there have been very few if any applications for funding and there may be various reasons for this. To assist in the delivery of projects in some communities, we will be appointing a development officer to support all the communities with applications, gaining evidence of need for other funders and helping develop projects in general. However NCCBC and this officer cannot run the projects, these have to be community led.



# Calling all businesses in Maybole and North Carrick

**Maybole Town Hall, Tuesday 18th September at 7.30pm**

Whether you're a sole trader, a large employer, a social enterprise, or even just thinking about starting a business, this is for you.

With everything happening in and around Maybole, the new bypass, proposed new school campus and the potential of a town centre regeneration, there's never been a better time for businesses in the whole area to come together.

The aim of this meeting is to rekindle a business association that is led by the businesses, giving local businesses a united voice and support when it's needed.

There will be short presentations from the following organisations that can offer a whole range of support:

- The Chamber of Commerce
- Business Gateway
- Ambitions
- Maybole Town Regeneration Project

The aim of the meeting is to gauge the interest and then to form a new association with local business people leading.

## Hope you can join us.

Hosted by Maybole Community Council for this meeting only.



# LITTLE ART SCHOOL TRUST

## was awarded £1,000 to run classes

The aim was to allow those attending to spend time together in a nurturing environment where they did not have to think about everyday issues but to be in 'the present', simply being, drawing and painting. The classes were delivered fortnightly at The Speakers in Maybole and this involved building a relationship with Maybole Over 50's community group who helped with raising the profile of the classes.

Those who attended included a referral from the British Red Cross, a client from their Home From Hospital initiative.

Participants were from North Carrick and, importantly, approximately 40% came from the rural community.

Each art lesson lasted for approximately an hour and was taught by an art teacher and assistant. Watercolours were used initially; however, the participants wanted to develop their artistic skill and other art materials such as acrylics were used. Each participant had their completed work mounted and sealed and ready for hanging on the wall. This was a visible boost of confidence for those attending.

A great sense of community was fostered at the class; from lesson design, which evoked reminiscence to all the participants, to helping to 'push start' one person's car after the class had finished. The Little Art School Trust continues to have a relationship with Maybole Over 50's and hopes to work with them again in the near future.



## Cairn Primary School

received **£973.82** which went towards paying for outdoor furniture.

Curve seating is used for outdoor learning, allowing the children to be seated while the teacher delivers a lesson. This encourages the children to sit and focus on the learning and teaching.

The seating is also used during interval and lunch times to promote social interaction and to give children a quiet place to sit and enjoy the outdoors. The children especially enjoy being able to eat their packed lunch outside in nice weather.



Antony, Primary 5, told us, "My group were outside learning French and the curved shape of the furniture helped us work as a group."

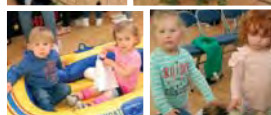
Millie, Primary 4, added, "I like having my packed lunch outside because I like fresh air and it's nice in the sunshine!"



# The **Carrick Tots** received **£983.82** which was put towards the purchase of equipment

The group was established in June 2016 with the support of funding from The Participatory Budget Fund (North Carrick Decides) and runs each Tuesday 10-11.30am as a community-led programme supported by

The Carrick Centre. The benefits include: social development through play, mutual support for parent/carers, signpost to other services, opportunities for progression and growth. Since starting, the group has grown into a strong and vibrant community supporting families from Maybole and surrounding areas. Attendance averages 35 to 40 children each week.



Each week there are different experiences for the children and opportunities for networking for carers. Seasonal events and special occasions are also celebrated as well as the opportunity for new learning experiences e.g. Tots & Family Yoga (Summer 18)

The group is now self-sustaining with trainees and volunteers running the sessions.

***Carrick Tots recently celebrated its second birthday with a small petting zoo, introducing rabbits, guinea pigs, ducks - to name but a few creatures - to the families with the Carrick Centre chef donating the cake.***

It was a fantastic event and the funds have enabled an extremely valued service to the community.

**CARRICK TOTS**

runs each Tuesday 10am -11.30am





Minishant WI was awarded £800 from North Carrick Community Benefit Company at last Christmas. This was to assist with the cost of fees for speakers and demonstrators. Funding would also help towards the cost of lets, an outing to New Lanark and transport. Our photos show some of the members on their outing to New Lanark Mill in June this year.

## CROSS Country

Sixteen Cairn P6 and P7 pupils represented the school at the cross country event at Rozelle park recently. They ran a distance of 1200m and had a great experience. The event was run by Ayr Seaforth and South Ayrshire active schools and was a great opportunity for pupils to experience running this distance over different terrain. The transport was provided through a cluster fund from NCCBC. This has been a fantastic resource enabling Cairn to attend many new competitions.



## Kirkmichael

Kirkmichael Primary School was awarded £1,000 which was put towards the installation of a trim trail for use by the wider community. This encourages health and wellbeing as well as community involvement, citizenship and a sense of ownership for the resource and the area.





# Invigor8 - Balance and Falls Prevention Class at the Carrick Centre, Maybole



Invigor8 is an exercise class and social time designed for the over 60s to improve mobility, strength and balance and help reduce the risk of falls.

Invigor8 is for people who are:

- Feeling fearful of falls
- Feeling unstable on their feet
- Who have had a previous fall

## Have osteoporosis?

A large number of people aged 60 and over experience falls. This is not always a consequence of ageing and falls can be prevented.

## How do I become involved in the classes?

You can self-refer or be referred to Invigor8 through a voucher scheme by a health or social care professional e.g. doctor, practice nurse, physiotherapist, home care provider. To make an appointment, call the contact telephone number below and you will be invited to come along for an assessment prior to joining a class.

*Invigor8 classes are designed to help build and maintain 8 core components:*

- Balance • Strength • Flexibility • Endurance
- Floor work • Getting down to the floor and back up
- Tai Chi • Confidence building

*Classes are available throughout South Ayrshire in Ayr, Girvan, Maybole, Prestwick and Troon.*

## MONDAY

Prestwick Community Centre .....11.45am - 1.15pm

## TUESDAY

Hillcrest Care Home Girvan .....3.00pm - 3.30pm

## WEDNESDAY

Walker Hall, Troon .....9.00am - 10.00am

.....10.00am - 11.30am

.....11.30am - 12.30pm

Prestwick Community Centre.....2.40pm - 4.10pm

## THURSDAY

Citadel Leisure Centre, Ayr.....10.00am - 11.30am

Maintenance class.....11.30am - 1.00pm

.....1.00pm - 2.30pm

## FRIDAY

Heathfield Community Centre.....9.45am - 11.15am

West Sanguar Road, Ayr .....11.15am - 12.15pm

South Parish Church, Girvan .....10am - 11.30am

Carrick Centre, Maybole .....1.15pm - 2.45pm

For more information or to book an assessment contact the Health Development Team on: **01292 269793**

(Option 3) E: [activityforhealth@south-ayrshire.gov.uk](mailto:activityforhealth@south-ayrshire.gov.uk)



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North Carrick Community News... 9



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## Carrick Senior Citizens Lunch Club

received funding from a participatory budgeting event to bring together a group of interested local people to look at providing information on the type of support required to help the growing number of people who have dementia-related illnesses or other difficult life-changing domestic issues which cause hardship and isolation through being housebound or having reduced mobility.

*The funding was made available by Maybole and North Carrick Villages Locality Planning Group and took a fresh approach with a "market place" participatory budgeting event in Maybole Town Hall. More than 240 people turned out to vote for who should get funding.*

Ellen Hawkes gave us an update on the project.

"North Carrick is a friendly community, with much activity centred on the town of Maybole. As the rate of dementia-related illnesses has risen greatly over the last decade, giving rise to much publicity and concern and as NHS, Social Work and carers are often overwhelmed, there is a need to review how as a community we can prepare.

"The problem is a time bomb ticking away at the heart of every Scottish community. By 2034, the number of over 85s is expected to be 110% higher which points to a potential greater element of dementia. Apparently in South Ayrshire there is a larger percentage of people living with dementia than the national average. The illness also increasingly affects younger ages.

"Carrick Seniors Lunch Club has been researching whether in North Carrick we are sufficiently prepared. We were awarded funding to do basic research, to provide basic information and to propose some suggestions for future provision.



L to R, back Frances Clark, Jean Horton, Ellen Hawkes  
front Eileen Hamilton, Jenny McClymont, Jim McDermott and Ruth Mundell

"First contacts include local medical practices; Social Work Services (High Street, Maybole Tel 01655 883293); Dept. of Works and Pensions (0800 731 0122/ 0345 608 4321) for help with Attendance or Carers Allowance; and South Ayrshire Council for discount on Council Tax

"Our research identified gaps. For example, while information is readily available, help to find which aids, support and services may be appropriate is more difficult to source locally. There are very few local community-led groups to support people living with dementia and such a group would require basic training, currently being researched locally. Carer support groups, offering respite for a few hours, exist in Ayr and Girvan.

"Obviously, funding would be required to take any proposals forward. Local and national governments are urging communities to become more dementia friendly and willing to help. Suggestions and interest in setting up specific groups could be left at The Carrick Centre addressed to Carrick Seniors Lunch Club.

**"Working together,  
we can get ahead!"**





## The Straiton Primary School Community Garden was opened by Lady Hunter Blair and Sir Patrick

An area of ground formed a hitherto uncultivated strip between a field and the school wall. Historically, this was a track which was used by the farmers at Largs Farm to avoid the tolls which would have been exacted at the toll house just a hundred yards down the road!

A few years ago, the Hunter Blair family gave the use of the land to the school for transformation to a garden. Since then, the school pupils and staff have, with funding from participatory budgetting events, managed to establish a garden producing vegetables in the top third of the strip, as well as a play area in the second third.

The Community Garden was the last part to be completed with residents from the community playing a large part too - a true community effort!

Folk using the walks in this area now have a place to stop and enjoy their snacks while savouring the beauty of the Girvan Valley.

### ART network

### AYRSHIRE RURAL TOURING NETWORK

Bringing the magic of theatre to your doorstep!

#### LILY AND THE ALBATROSS

WED 17TH OCT 2pm  
McCosh Hall, **KIRKMICHAEL**

A tale of wild weather, wild birds and wild ambitions for ages 5+ Tall Tree makes theatre that touches the hearts of both adults and children, with large bespoke wooden and metal puppets, live music and stories that speak to all generations.

AGE  
5+



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#### SCARY LITTLE GIRLS: THE FULL BRONTE

THU 15TH NOV 7:30pm  
McCosh Hall, **KIRKMICHAEL**

Roll up, roll up for a cabaret celebration of your favourite literary sisters, their lives and times! Join us as we pay homage to Charlotte, Emily, Anne and family in a literary, theatrical delight for every devoted Brontëphile!

AGE  
16+



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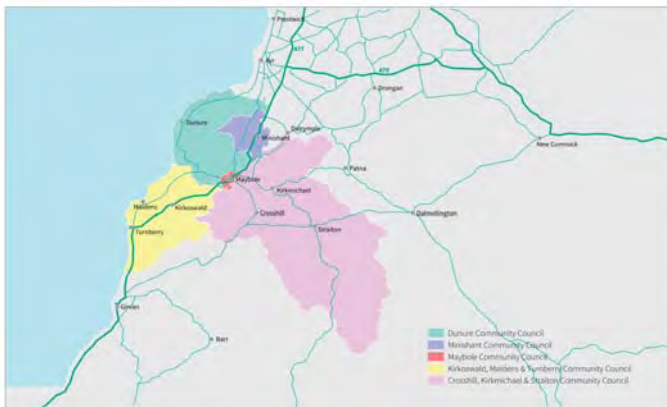


# NORTH CARRICK COMMUNITY COUNCILS

## COME AND TELL US WHAT YOU WANT

Between February and March 2018 the five Community Councils of North Carrick (Dunure; Minishant; Maybole; Crosshill, Kirkmichael and Straiton; Kirkoswald, Maidens and Turnberry), began the process of developing new Action Plans for their communities. A survey was used to identify likes, dislikes and community priorities for all communities in North Carrick.

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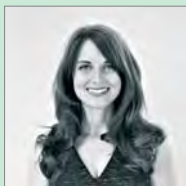


The survey has been completed and analysed. North Carrick Community Benefit Company have now commissioned two consultancies – **Jura Consultants** and **icecream architecture** - to carry out a series of engagement events to speak directly to our communities and to develop Action Plans for each Community Council Area.

**Jura Consultants** is one of the UK's leading management consultancies specialising in the cultural heritage sector developing innovative solutions and imaginative projects for more than 20 years. Jura Consultants has been working in Maybole since the Charrette consultation took place in 2015. The team there have also helped to develop the funding applications for the Maybole Town Centre Regeneration project that, we hope, is now very close to becoming a reality. **Luke Fisher**, **Rae Morton**, **Colin Welsh** and **Alex Riordan** will all be on hand at various drop-in consultation events that are being organised where you will be able to come and talk to the consultants and to share your thoughts on what can be done to make your community a better place to live. .



Luke Fisher



Rae Morton



Colin Welsh



Alex Riordan

**icecream architecture** is a team of Community-led Facilitators, Environmental Artists, Graphic Designers, Architects, Illustrators, Product Designers and Strategic Thinkers.

**icecream architecture** will be hosting a series of workshops with young people to question the priorities collated from the community and ensuring they reflect the views and priorities felt by young people in North Carrick. They will use creative tools to encourage young people to think strategically about their town, building ownership over the final action plans produced by Jura Consultants. Having quality engagement with the schools is essential for the team to ensure ambitious yet achievable pathways are outlined for young people; highlighting in the plan what is important for young people which is here already and what can be improved or built on in the future.



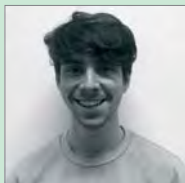
# COMMUNITY ACTION PLANS - VOTE FOR YOUR COMMUNITY!



icecream architecture's team includes Sarah Diver-Lang, Ross Wylie and Sarah Frood who also have extensive local heritage knowledge and previous experience of working in schools in Maybole as part of the Maybole 500 project. Sarah and Ross will be in touch with the schools in September but if you are a young person or know a group of young people who would like to participate let Luke Fisher at Jura Consultants know [luke@jura-consultants.co.uk](mailto:luke@jura-consultants.co.uk)



Sarah Diver-Lang



Ross Wylie



Sarah Frood

Over the next few months we want as many people as possible to come and have their say. Your voice matters so that we know what the priorities are for your area for the next five years. The first stage in the process is the drop-in events which will happen during afternoons and evenings at the end of September and into early October.

As part of these drop-ins there will also be the opportunity to cast your vote as part of the next round of the participatory budgeting process. There will be a range of community improvement projects to choose from. Budgets are available and project ideas are being developed. We just need your votes!

LOCATION	VENUE	DATE AND TIME
Maybole	Town Hall	<b>25<sup>th</sup> September 2018</b> 3:00pm – 5:00pm and 6:00pm – 8:00pm
Maidens and Turnberry	Summer Church Hall	<b>Provisional date and time:</b> <b>27<sup>th</sup> September 2018</b> 3:00pm – 5:00pm and 6:00pm – 8:00pm
Crosshill	Community Centre	<b>2<sup>nd</sup> October 2018</b> 3:00pm – 5:00pm and 6:00pm – 8:00pm
Kirkoswald	Richmond Hall	<b>Provisional date and time:</b> <b>2<sup>nd</sup> October 2018</b> 3:00pm – 5:00pm and 6:00pm – 8:00pm
Stralton		Location and time to be confirmed
Kirkmichael	McCosh Hall	<b>4<sup>th</sup> October 2018</b> 3:00pm – 5:00pm and 6:00pm – 8:00pm
Minishant	School Hall	<b>10<sup>th</sup> October 2018</b> 4:00pm – 8:00pm
Dunure		Location and time to be confirmed

We hope to see you there soon!



icecream  
architecture





## YOU ARE SWEET ENOUGH ALREADY!

We know that sugar is not good for our health and it's certainly not good for our waistlines, yet it is everywhere; in drinks, cooking sauces, cheese spreads, even in salt and vinegar crisps!

Why is it so bad for our health? Our liver has a limited capacity to metabolise sugar, so when it reaches its capacity it has to change the sugar to fat, that capacity is no more than 10 teaspoons of sugar for an adult. That is why it has such a devastating effect on the body.

Yet how can we eat a balanced and nutritious diet without the sugar and still eat food that is tasty, easy to make and can be enjoyed by the whole family?

***"At Glow we are passionate about getting the nation healthy, motivating them to eat well, move more and to demonstrate that being healthy is not dull and boring!" explains Glow Coach Karen Murrie. "All our nutrition plans are based around low-GI foods, which stabilise your sugar levels and stop any peaks and troughs in energy and hunger."***

Karen continues: "It is common knowledge about the amazing benefits of group exercise but this can also be relevant in regards to eating the right food. Being part of a supportive group, such as Glow, having fun and going on the journey with others is key to a sustainable health improvement." With seventeen weekly classes in Ayrshire to choose from there's sure to be one that suits you.

**Our Eating Plan is absolutely free:**  
<http://glow-fit.co.uk/get-glowing-kickstart-plan/ref/11/>

Take the first steps to ditch the sugar and to enjoy a fit and healthy lifestyle by contacting Karen to book in for a free taster session.  
 Email: karen.murrie@glow-fit.co.uk  
 Tel: 01292 284554 [www.glow-fit.co.uk](http://www.glow-fit.co.uk)

## South Ayrshire Community Transport (SACT) has two minibuses based in Maybole and usage is increasing.

One is a 16 passenger seat minibus complete with passenger lift for the use of less mobile passengers and those using a wheelchair; the other can take eight passengers and is wheelchair accessible.

Active Schools, St Cuthbert's Primary, Fisherton Primary and Carrick Academy were quick to make use of the buses but community groups have been a bit slower.

SACT would like to thank the North Carrick Community Benefit Company as well as The Speakers and The Carrick Centre for their invaluable help in garaging the vehicles, collecting in paperwork and being "the Keepers of the Keys". They couldn't run the service without them. To make use of the service call **01292 270864**



## NCCBC Defibrillator Cabinets



**Details of where they are to be fitted....**

- Minishant:** Position: to be confirmed
- Crosshill:** Position: adjacent war memorial
- Kirkmichael:** Position: outside Kirkmichael Arms
- Straiton:** Position: outside village shop
- Kirkoswald:** Position: outside post office
- Maidens & Turnberry:** Position: outside boatshed
- Dunure:** Position: to be confirmed
- Maybole:** Position: in Cameron's garage forecourt



Pupils at **GARDENROSE PRIMARY** were delighted to secure **£1,000** to brighten up the playground with new playground games and markings



All pupils are delighted with the new 'thermoplastic markings' newly positioned in the school playground and they have a new fitness trail, hopscotch, copy and mirror me activities as well as tracks and mazes! Gardenrose pupil council were in charge of deciding what was purchased and where it was to be placed in the school grounds.

Pupils are already enjoying breaks and lunchtimes in the playground with the new games and the community have been able to enjoy the new additions to the playground at the weekend, too.

## CROSSROADS

# Caring for Carers South Ayrshire

## What we do

We provide time off for people in South Ayrshire who care for a relative or friend at home. Our fully trained Care Attendants take over most of the caring duties (regardless of age, disability or illness of the person being cared for). The Carer then has time - time for themselves to do whatever they want.



## A Committed Team

Crossroads is staffed by a committed team of both paid and voluntary Care Attendants. Dedicated Co-ordinators and Admin staff run the office, and a voluntary Management Committee oversees the organisation. We are proud of the work we do which is reflected in the positive feedback we have received from the Care Inspectorate.



Crossroads (South Ayrshire) Care Attendant Scheme  
Biggart Hospital, Biggart Road, Prestwick, Ayrshire KA9 2HQ  
Tel: **01292 671 331** (24 hour Answering Service)  
Email: [managers@crossroads-sa.org.uk](mailto:managers@crossroads-sa.org.uk)  
Website: [www.crossroads-sa.org.uk](http://www.crossroads-sa.org.uk)



Registered with the Care Inspectorate, Website: [www.careinspectorate.com](http://www.careinspectorate.com)

**At some point in our lives many of us will become carers or require care. In either case this can be very stressful. This is where Crossroads can help. Give us a call to find out more.**

# The Sommerville Pavilion at the Glebe Park in Maybole has been relaunched after a massive injection of funds and lots of hard work by local volunteers

The relaunch was part of the Sommerville Sports Festival during the summer and Alex Kelly, chair of the North Carrick Sports Hub, opened the event.

Andrew Thorne, Carrick Round Table, summarised the Round Table's connections to the Pavilion which had been named in memory of David Sommerville, one of their founding members. Table members unveiled a new plaque on behalf of the family and the fun began.

The youths put on a display of rugby, whilst the walking football group played a demonstration match. As well as plenty of sporting activity there was also lots of free children's entertainment and bouncy castles of all sorts.

Andrew Thorne added, "We would like to thank everyone involved in the Sommerville Pavilion Project with funding of £30,000 from the Cashback for Communities Facilities Fund and £20,000 from the PAR North Carrick Project Fund organised by North Carrick Community Benefit Company (NCCBC) to add to the Round Table's fundraising efforts.

"Thanks also go to local builders Johnston & Kennedy who know how to make a budget stretch to get the job done, the Sports Hub members with special mention to Kyle Johnson at Carrick Rugby Club who applied for funding,

those members of the community who came to our concerts to help us fundraise and local companies like Andersons Ltd and Jamieson Plant, plus everyone else who got involved and contributed.

***"It was simply a true community effort!"***

Mark Fletcher, chair of NCCBC, said, "We were very pleased to have been invited to the opening of the Sommerville Pavilion. We were supportive of the initiative to refurbish the building and it was great to see the work completed. It certainly gives Maybole and North Carrick a facility that they can be proud of. We wish the Sports Hub committee every success in attracting new users to the Glebe and thank Carrick Round Table for putting on such a fun event for all to enjoy."



*Extreme left is Andrew Thorne, Hugh Simpson, Paul Sommerville (eldest son) and Linda, David Sommerville's wife.*

The Sommerville Pavilion at Maybole's Glebe Park was officially opened by Danny MacNeill, former Provost of Kyle and Carrick District Council, and Tom Burnet, Convener of Leisure Services, on Monday 8th May 1995.

Money for the project came from a variety of sources including Kyle and Carrick District Council, the Scottish Football Trust and Enterprise Ayrshire. A cheque for £1,000 was handed over by Maybole Amateurs to the Community Council, and a plaque was presented for the pavilion by the Football Trust.





SADSA is happy to announce that they will be providing a care service for those living with memory impairment in the Carrick Centre, Maybole, in September.

Contact Liz, the manager on **01292 283954** or email: **[liz.campbell@sadsa.org.uk](mailto:liz.campbell@sadsa.org.uk)** for information.



## Are you a young person interested in Music, Arts and Crafts, Youth work, Events Management or Marketing or Budgeting?

Maybole and North Carrick Youth Forum have opportunities for on the job learning - events for young people, by young people. If you want to gain some experience in any of these fields and be a part of something special get in touch with us on Facebook or email [manc.youthforum@gmail.com](mailto:manc.youthforum@gmail.com)!



This newsletter has been created for the local community and we want our readers to use this as a way of keeping up to date with what is going on in and around your area. Should you wish to advertise within the next edition please contact Shona McMahon at Evolution Designs Ltd: [evolutiondesigns@sky.com](mailto:evolutiondesigns@sky.com) or call **07753 111 038**.

### RATES PER ISSUE

<b>1/8th page advert</b> .....	<b>£50</b>
<b>1/4 page advert</b> .....	<b>£95</b>
<b>1/2 page advert</b> .....	<b>£180</b>
<b>Full Page advert</b> .....	<b>£340</b>

We print 4,500 magazines and distribute these throughout North Carrick which means your advert will be seen by a vast audience.

*Artwork/design charges may be applicable if required.*

## footcAyr

Personal toe nail cutting service



Are you having difficulty cutting your own toenails?

footcAyr offers an affordable personal toenail cutting service throughout South Ayrshire.

On your first visit you will be issued with your own nail care kit costing £14, this includes the price of your first nail cutting. Further appointments will cost £8.00.

You will find us at The Speakers, Maybole. For more details or to make an appointment: **01292 281 800** or [footcayr@vasa.scot](mailto:footcayr@vasa.scot)

### INTRODUCTORY OFFER

This voucher entitles the holder to a reduced charge of **£12.00** for their first appointment only

## GET THE MOST OUT OF LIFE



South Ayrshire Life is a new community website where people of all ages can find groups, activities, services and events throughout the local area. The catchline is **GET INVOLVED** – because that's what we hope South Ayrshire Life will encourage everyone to do – by providing lots of up-to-date information on groups you can join, activities and classes you can try - as well as giving details of services that can offer a helping hand when it's needed.

The website also has an events section which can promote one-off events like coffee mornings, concerts and ceilidhs.

Our Freephone telephone number means you can call and speak to one of our friendly team who can help you find out about what's going on near you. South Ayrshire Life now has a community information shop in Newmarket Street in Ayr.

The shop is also home to a whole range of Drop-Ins. Seventeen different organisations and services offer informal sessions where people can call in – no appointment needed - and get help and advice.

To find out more, please contact us on Freephone **0800 432 0510**, visit the website at **[www.southayrshirelife.org](http://www.southayrshirelife.org)** or pop in and see us at 57 Newmarket Street, Ayr.



# Catch the reading bug at your **LIBRARY!**



Bookbug Sessions are free, fun and friendly events for babies, toddlers, pre-schoolers and their families to enjoy together. Each session lasts around 30 minutes and includes songs, stories and rhymes. The sessions take place in a very relaxed environment and are a great opportunity to spend some quality time with your little one. They also have lots of benefits for your child, such as building up their confidence and social skills, and will give their speech and language development a real boost!

Maybole Library, 1 High Street, Maybole  
KA19 7AB Tel: 01655 883 044

**Bookbug (for birth to 4 years)**

**Every Tuesday at 2pm**

**28th August - 11th December (except 16th October)**

## Mobile Library Visits

The mobile library covers all of South Ayrshire in a four-week cycle that mirrors the normal issue period for books. We try and visit areas which are not served by local branch libraries. We have stops at primary schools, nurseries, retirement communities, sheltered and residential homes, housebound individuals as well as regular places in villages and communities across South Ayrshire.

## Currently the Mobile Library Offers:

- Free registration for the whole of South Ayrshire Library Service
- Free requests for borrowers
- Return or renew issues for any branch
- A variety of titles
- The vehicle has a side-lift fitted to allow access for disabled or infirm users.

## Route Suggestions

We are always looking to serve more people and add to our routes and stops. Therefore we are open to any requests, whether for long term or for one-time visits. All suggestions will be considered as long as there is space to park and manoeuvre the vehicle safely and conveniently. As a new commitment we will now be visiting most areas on a fortnightly basis. Please contact us directly if you have such a request or any queries about the service.

## Contact Information

Email: [mobile.library@south-ayrshire.gov.uk](mailto:mobile.library@south-ayrshire.gov.uk)  
Tel: (01292) 286385 ext: 210

For route times and locations please visit:  
<https://wp.me/PGhA5-13v>

## Additional Information for Maybole Library

Maybole Library has a great selection of books to choose from as well as DVDs to borrow (£1 per DVD per night) or buy (ex-rental). The library also offers free access to PCs and unlimited Wi-Fi.

**LEGO Club** Every Thursday, 3.30pm – 4.30pm  
Free. Suitable for ages 5-12 years.

Board games and jigsaws available any time during opening hours.



## North Carrick Community NEWS

This newsletter is for the community so please feel free to submit any articles, events, news updates etc.

Your village/group/club can use this to highlight any forthcoming events, be it Gala Days, Fitness Classes, Children's Fun Days etc, if you want people to know what you're doing or what you have achieved then please do not hesitate to contact Shona McMahon @ Evolution Designs Ltd: [evolutiondesigns@sky.com](mailto:evolutiondesigns@sky.com) or call **07753 111 038**

*We will aim to publish all information supplied to us but cannot guarantee this due to limited space. The editorial board will decide upon each submission.*

# Maybole Regeneration Project on Track to Secure External Funding



**The Maybole Regeneration project team are working towards securing £6.8M to invest in improving the High Street in Maybole and providing training and education events for local residents and young people. In late August the team completed funding applications to secure in the region of £4.5M for the project.**

The regeneration project will take a comprehensive approach to the restoration and repairs of the historic building fabric and will use restoration and regeneration as a platform to protect, share and explain the significant heritage of Maybole. Whilst building works will focus on protecting the heritage for the future which is at significant risk of loss, a further important element of the work will be the creation of opportunities to learn and understand more about the heritage of the town and the significant people and industries that have shaped its history.

For the previous year South Ayrshire Council and Maybole Community Council have been working in partnership to develop a detailed proposal for improvements and regeneration of Maybole Town Centre. This development phase was supported by the Heritage Lottery Fund, South Ayrshire Council, North Carrick Community Benefit Company and Ayrshire LEADER. The culmination of this development phase was funding applications to Heritage Lottery Fund, Historic Environment Scotland and Regeneration Capital Grant Fund. Should these be successful the project will provide grant assistance to owners to help with the necessarily high cost of repairing and improving the historic buildings on Maybole High Street. Five key projects have also been identified, which can provide a fundamental difference to the town centre, by encouraging economic growth and investment.

In light of confirmation of the bypass for Maybole, the project also aims to transform the underused High Street to create a safe and attractive place for pedestrians and road users alike. The training and education events will provide the opportunity to raise awareness of the importance and uniqueness of Maybole's heritage, and foster a greater appreciation and understanding of the historic environment amongst the local community. This should, in turn, increase local pride and encourage a sense of ownership and a desire to look after and



protect the historic environment – thus contributing to the long-term aim of creating a more attractive, sustainable and successful town. If the funding bids are successful, work could start as early as March 2019.

Mark Fletcher, chair of Maybole Community Council and also the project committee, added that the three years leading up to this point of submission have proven to be a huge amount of work whilst being a very exciting and diverse project.

"We knew the bypass was coming, he said, "and rather than sit back and wait till after the bypass is built, the challenge was embraced for improving the centre of the town post bypass. The early support from Heritage Lottery has enabled the team led by project officer Lynne Yuille to put together a very strong case for funding for the delivery of the project.

"Personally, I've been involved in the project since its inception; and would like to thank South Ayrshire council officers like Lynne, Colin and Claire for their support. I know the rest of the steering group will reinforce our thanks to them. Our local elected members, Councillors Connolly, Grant and Campbell have been a huge support with the project and again our thanks go out to them and indeed the council as a whole.

"The consultants appointed to work with the project team have all delivered excellent pieces of work and the community has enjoyed the engagement events immensely, particularly the skills experience day enjoyed by Carrick Academy students. Thanks to everyone that came to the engagement events and I will finish with a simple statement:

*"Exciting times ahead!"*

For more information contact: Lynne Yuille on 01292 612928 or [lynne.yuille@south-ayrshire.gov.uk](mailto:lynne.yuille@south-ayrshire.gov.uk). Alternatively, visit 70C High Street (next to Ladbroke's) where the project team are based.



# Maybole over Fifties

Maybole over Fifties group held its second AGM recently and Peter Mason, chairman, commented, "I am very proud that we now have over 100 members; in the two years since the group started many things have happened, many new friendships have been formed and many new skills learned."

Before the AGM began, the various activities run by the group were showcased and VIPs attending included South Ayrshire Depute Provost William Grant and Bill Grant MP who discovered just how much is on offer to local over 50s. The one word that was repeated by many of the members was "fun".

Mr Mason continued, "These groups are going from strength to strength, and I would like to thank the group leaders for all the hard work they put into their groups week on week and also to the members who come along to support each group. We have had a very busy year. We had our first trip to the Kelpies and the Falkirk Wheel, finishing the day off with High Tea at the Fernwick Hotel. Our next trip was to Edinburgh with some people visiting the Scottish Parliament and I have to thank Jeane Freeman MSP for making this possible.

"These trips are only possible due to the time and dedication many members gave to the charity shop to raise funds to help with the costs to hire the bus and I would like to thank Moira Auld and her team of volunteers and everyone who handed goods into the shop to make this possible.

"We were invited to the bottom bowling green for a taster bowling session and this was thoroughly enjoyed by everyone who went along. In December a trip to the pantomime was arranged and for two and a bit

hours we all became children again.

"We had our first trip abroad to Prague in early December. Fourteen people in total travelled to this wonderful city.

"A Christmas lunch at Wildings was well attended and was so popular that it has already been booked for this year."

The group also enjoyed a trip to Benidorm when 18 of them headed away for five days.

They also received a grant of £150 which was spent on 20 luminous back pack covers and two two-way radios for walkers' safety.



Mr Mason added, "Organising these events takes a lot of time and effort but the one thing that makes them successful is by members coming along and supporting them. For the future I hope to see some more new groups starting especially for male members as I am conscious that we do not have a lot to offer to them."

***He concluded with a very comprehensive vote of thanks to everyone who helped in any way.***



Office Bearers elected are:  
Chairman – Peter Mason;  
Secretary – Anne Walker and  
Treasurer – Derek Walker on a temporary basis.

Committee members are: Senga Mason, Martin Dunabie, Nessa Kennedy, Katy Gaffney and Kate Hutchison. Social Committee members are: Katy Gaffney, Eleanor Turner, Anne Walker, Jackie Wilson and Kate Hutchison.





## The Carrick Centre in Maybole was awarded £713 at a participatory budgeting event in Maybole Town Hall

Andrea Hutchison, Centre Manager, told us, "We were grateful to receive the funds which let us create comprehensive booklets for the candidates in our Training Kitchen. With the input of our trainees, we have designed a very concise Induction Manual and a Training Kitchen Workbook including recipes tried and tested by our budding cooks. The new manuals are very visual and easy to read and understand."

"During the past year, over 70 people have participated in activities within the training kitchen. Twenty people with barriers to employment attended a Professional Cookery Course which equips our trainees with all the skills necessary to find work in a professional kitchen. Juliette Thomson, our tutor, ensures the course covers everything from knife skills to food hygiene and is a combination of theory and hands-on practice."

"Twenty-one people with Additional Support Needs completed the Healthy Cookery Course. This is a fun course which teaches participants to cook healthy, balanced meals on a budget. This course is based on the NHS Eatwell Model. The Happy, Healthy Cookery Group is an ongoing weekly session for Adults with Additional Support Needs. Cookery provides the social interaction that has proven to be the highlight of several participants' week! Trainees learn to cook meals and enjoy the pleasure of eating together."

Andrea continued, "The Carrick Centre identified a local need from young parents/carers for classes aimed at cooking for families. We have recently started a weekly class where parents and carers can learn to cook for their family, promoting a healthy balanced diet on a low budget."

"Over the school holidays, 30 primary school-aged children participated in weekly sessions which included learning to cook healthy food and snacks and also had food-based games and activities. Juliette and Ryan provided such a fun-filled and valuable experience to the children that we are already looking at the October session during the school holidays."

"Two volunteers over the age of 55 continue to directly support the training kitchen and over 50 elderly people have benefited by having young people assist, cater and serve the monthly Carrick Seniors Lunch Club run by volunteers from the four local churches within The Carrick Centre."

"Now in its sixth year, the lunch club, held on the first Friday of every month, welcomes all who look for a friendly face, chat and a nice lunch. Transport is available if required. We worked with local primary school, that provided a Chinese Teaching Student, to deliver Mandarin Cookery lessons."

"If you are interested in finding out more about our development programmes, please contact Coral McMillan at **The Carrick Centre** on **01655 883222**."

"The Carrick Centre provides such a wide range of services to the local community and surrounding villages, and with the support of funders such as NCCBC projects are enabled. With time, each idea becomes a valued asset to the Maybole way of life, the latest being the "Health and Well Being Across The Ages" funded earlier this year, our aim is to provide a new experience or opportunity for individuals, families to look at the way they live and how lifestyles can be improved and enhanced."

"We are already delivering Tots & Family Yoga sessions, with 12 free Mindfulness Training places filled by individuals from six different organisations, looking to filter the knowledge through the various services each provide. The next provision is an introduction to Yoga and Relaxation for the older generation, starting Monday 10th September, to run fortnightly and have 10 free spaces from 11.45am until 12.45pm."

"We have something for everyone, checkout our website [www.carrickcentre.co.uk](http://www.carrickcentre.co.uk) or our Facebook pages for more details or contact us at the centre or **01655 883222** for more details."

# Activity within The Speakers hosted by various groups

<b>Monday</b>	Sewing club
	Spanish for beginners and computing
	Monetary advice services from Stepping Stones for Families
<b>Tuesday</b>	Backgammon and games
	Knit and natter
	Lunch club
	Seniors footcare every other week
<b>Wednesday</b>	Walking group leaves The Speakers at 9am
	Ukulele club
	Pipes and drums with Maybole Pipe Band
	TKS Martial Arts
	Monetary advice services from Stepping Stones for Families

<b>Thursday</b>	Arts class
	Lunch club
	Prize bingo
	Weight Watchers
<b>Friday</b>	Yoga
	TKS Martial Arts

Cafe and games hall open Monday to Friday 9am to 3.30

Public bar open Wednesday, Thursday, Friday and Saturday nights and Sunday 2pm-10pm.

Rooms and meeting spaces available to hire by community groups, individuals or businesses. Function hall available to hire for parties and celebrations Friday, Saturday and Sundays.

Tel: **01655 718080** for further details

## MAYBOLE TOWN HALL

REGULAR LETS SEPTEMBER - DECEMBER 2018

ORGANISATION	AREA USED	DAY OF LET	TIMES	FREQUENCY
Historical Society	Lesser Hall	Monday	6.30 – 9.30 pm	Monthly
Maybole Community Council	Council Chambers	Tuesday	7.00 – 9.00 pm	Monthly
Cllr Grant Surgery	Council Chambers	Tuesday	6.30 – 7.00 pm	As required
NCCBC	Lesser hall	Tuesday	3.00 – 8.30 pm	As required
Glow Keep Fit	Main Hall	Wednesday	7.15 – 8.15 pm	Weekly
Lodge No 35	Lesser hall	Wednesday	7.30 – 9.30 pm	Monthly
Apprentice Boys Of Derry	Council Chambers	Wednesday	7.30 – 9.00 pm	Monthly
1st Maybole Brownies	Lesser Hall	Wednesday	6.00 – 7.15 pm	Weekly
Slimming World	Main Hall	Thursday	4.30 – 9.30 pm	Weekly
OIR Line Dancing	Main Hall	Friday	1.30 – 2.30 pm	Weekly
OAP Crafters	Cabin area	Friday	12.30 – 2.30 pm	Weekly

## Lest we forget

This year, Armistice Day and Remembrance Sunday fall on the same day so services to remember Maybole's war dead, which are normally held separately, will be combined on Sunday 11th November.

This year is a special year as it marks the centenary of the end of The Great War. The first service starts at 10am in Maybole Town Hall, followed by a parade to the war memorial for the traditional two minute silence and laying of wreaths at 11am. Following this service, the pipe band will lead the parade to the Greenside for a short service.

*Maybole branch of the Royal British Legion Scotland claims to be the oldest branch.*

*"They shall grow not old,  
As we that are left grow old.  
Age shall not weary them,  
Nor the years condemn.  
At the going down of the sun  
and in the morning,  
We will remember them."*

*"When you go home, tell  
them of us and say: for your  
tomorrow, we gave our today".*



# Straiton's ancient links with Crossraguel Abbey

While stonemasons made their mark (literally) with their work, it is frustrating that almost none can be positively identified. One such was the master mason at Crossraguel who provided links to Straiton around 1510. His mark was a five-pointed star with a Latin cross which can be found in profusion at Crossraguel and on the Easter sepulchre in the Kennedy Aisle of Straiton Kirk.

There are three features shared by both sites - a Carrick cross, with six hearts on one side and four on the other, is an exact double of that atop the abbey church at Crossraguel. The symbolism is yet to be understood. The second link is the transoms of the window at Straiton, in a rare, if not unique, pointed style. At Crossraguel it is more subtle and appears in the window above the tomb of Lady Row of Baltersan. It caught the keen eye of Charles Rennie Mackintosh in 1895 when he sketched that window and other fine architectural details in the abbey as part of his Carrick tour which included Baltersan, Maybole Castle and the College Kirk in the town.

The abbey window cill was raised to accommodate the monumental tomb of Egidia Blair, Lady Row who died in 1530. Close to her tomb is the grave cover of the abbey's master mason - his mark is engraved on it along with the initials, AM for Ave Maria. As a devout Catholic and benefactress of the abbey, Egidia Blair was buried in a most favoured place - by the north wall close to an altar. That the master mason was held in high esteem is evident from the fact that he was buried close to her monument.

That monument provides a third connection between the two places. The style of the Straiton Easter sepulchre bears a striking similarity to what may have existed at Crossraguel Abbey where only fragments remain to speak of the rich carvings that must have adorned Lady Row's tomb. A rough sketch by Lieut.-General G.H. Hutton in 1813 shows a decorated arch similar to that in Straiton Kirk. While the tangible heritage remains to be seen, our equally-important intangible heritage so often remains to be discovered.

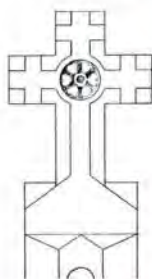
Images acknowledgements: Jean Britain, David Kiltie and the author



About the author:

James Brown, owner of Baltersan Castle, is a local historian and author of "Carrick, Scotland: beyond the Tourist Guides" published by the Carrick Community Councils' Forum

Right: mason's mark  
Below, left: Crossraguel  
Below, right: Straiton



Easter sepulchre, Kennedy Aisle, Straiton

Crossraguel Abbey



St Cuthbert's, Straiton





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pfindlay34@yahoo.com



## CHRISTMAS at ...

### Party Nights



### ADDICTION live

8th December 7.30/8pm - 1am

Light buffet included, table plan - early booking advisable

£10 per ticket

### TEQUILA live

15th December 7.30/8pm - 1am

Light buffet included, table plan - early booking advisable

£10 per ticket

### CHRISTMAS JUMPER NIGHT

22nd December 7.30/8pm - 1am

Disco & Karaoke - Best JUMPER competition with prizes !!

FREE of charge



### Hogmanay

### THE HUSTLE live

31st December 7.30/8pm - 1am

Light buffet included, early booking advisable

£10 per ticket

Mayhale Pops Band live for the 90s

The Speakers will make a donation from each ticket from all December events

Due to our continued success within the community we are now able to offer the following...



## SENIORS Lunch Club

Tuesday & Thursday - 12noon - 1pm

Bowl of Soup,  
Choice of Sandwich,  
Scone with Tea or Coffee

£3.75

open to all seniors



## COMING SOON!

We aim to provide the youngsters of North Carrick with a place to meet and hang out with friends. We will have Table Foosbal, Darts, Xbox, Pool Tables, Plug 'n Play facility and band equipment available on site for a jam session.

Follow us on Facebook for updates!

Tel: 01655 718080  
www.thespeakers.co.uk

One thing by day...another by night

Please support our advertisers by using their services and help keep North Carrick a thriving community.