Glenkens
Community
& Arts Trust

GUIDE October/November 2021

Music • Performing Arts • Cinema • Exhibitions • Workshops • Gatherings • Services









COMING UP

• Glenkens Folk Weekend (Breabach, Leveret and more) • WAVES by Alice Mary Cooper
• Scottish Dance Theatre's Antigone, Interrupted • Rapture Bites • High Tea Tunes
• An Tobar & Mull Theatre presents Every Brilliant Thing
• Michael McGoldrick, John McCusker and John Doyle

GCT Galloway Community Transport
A Scottish Charitable Incorporated Organisation

The Smiddy

CatStrand

www.gcat.scot
01644 420 374

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CatStrand Café & Shop

Open 11-4pm daily.

Seating indoors and outdoors

Lunches, coffee & cake, licensed bar



Box Office & Bookings

For booking enquiries
01644 420 374 or www.gcat.scot

The Box office is open 11am -4pm daily.



New Active Travel Discount

25% off your ticket if you attend our events at CatStrand using public transport or by walking and cycling.

Call to book and let us know how you will be getting here!

INTRO

Thank you for such a warm welcome back to the Glenkens. I look forward to getting to know you all as I take up the hugely exciting role of Arts, Culture and Heritage Manager.

It's a real privilege to be able to stage the GCAT programme. There are only a few places in Scotland where you can see such a high quality programme in such an intimate environment. I'm looking forward to working with partner venues, and I hope to stage some special events in the surrounding landscape.

I moved from Edinburgh to New Galloway around 2010 to take up a marketing support role at the CatStrand. I've been programming performing arts across D&G ever since. Most recently, I was the producer of The Village and The Road by Tom Pow and The Galloway Agreement which was performed at the CatStrand. I was also the programmer for the launch weekend of Creetown's new venue; The Quarrymen's Arts Centre. I'm addicted to the thrill of staging events and seeing an expectant audience walking into a room.

Coming back into the Glenkens you see a new and renewed sense of confidence and pride. This is reflected in the work of the Galloway Glens, The Loch Ken Trust, New Galloway Community Enterprises, LING, and many others. I've come in at a really good time as Helen Keron is taking on the post of Executive Manager, I have no doubt that GCAT has a big job to do.

I'd like to pay tribute to the work that my predecessor, Aidan Nicol, has done. In my first two weeks here it has been often said that she leaves 'big boots to fill'. All I can say is that I'll do my best.

As you would expect we are maintaining safety measures for all performances. Details of specific measures for each show are set out on the ticket system, so you know what to expect . There are some great things to lookout for as live events become the new, new normal.

The Glenkens Folk Weekend sees the return of Scottish folk favourites Breabach. Leveret offers inspired and improvised tunes from three of England's finest folk musicians; Andy Cutting (button accordion), Sam Sweeney (fiddle) and Rob Harbron (concertina). There is a folk session in the Clachan Inn and the first of a series of High Tea Tunes offering a short concert by harpist Wendy Stewart, followed by tea & scones.

Scottish Dance Theatre's Antigone, Interrupted re-imagines a classic story for a contemporary world through the body and the voice of a single performer. Waves by Mary Alice Cooper is a tale about swimming against the tide of expectation, and how Elizabeth Moncello came to be the unofficial inventor of the butterfly stroke.

Rapture Theatre return with their highly popular lunchtime theatre series Rapture Bites.

I can't recommend enough Mull Theatre's Every Brilliant Thing. A Heart-wrenching and hilarious play about the lengths we'll go to for someone we love.

Look forward meeting you
Peter Renwick
Arts, Culture & Heritage Manager

EVENTS

OCTOBER

03 Sun

Autumn Field Notes— over hill and holm

| 10.30am – 3.30pm (arrive 10.15am)

| Start and finish at Dalry Town Hall | £5



Bird educator and expert Chris Rollie will guide a two-and-a-half-hour circular walk on the Watson Bird Trail up through St. John's Town of Dalry, where the artist Donald Watson lived for most of his working life, onto Mulloch Hill, and back along by the Water of Ken.

Chris will encourage close attention to the presence, and absences, of birds on the route. Referencing the artwork of Donald Watson, he will draw participants' awareness to the seasonal wildlife, with a particular focus on migratory shifts.

After a picnic lunch, Jane McBeth will facilitate a one hour writing workshop to assist participants develop field notes made during the walk into a poem or short piece of prose.

N.B. Please bring your own pack lunch. Full details of the route, itinerary, facilities, and what else to bring are available on the website.

Any queries contact Jane McBeth (Project Co-ordinator) jane.kenwords@gmail.com

06 Wed

Film: JoJo Rabbit (12)

| 7:30 pm | Dalry Town Hall

| £5 | Run Time 108 mins | 2019 | Cert 12



A World War II satire that follows a lonely German boy named Jojo whose worldview is turned upside down when he discovers his mother is hiding a young Jewish girl in their attic. Aided only by his idiotic imaginary best friend, Adolf Hitler, Jojo must confront his blind nationalism and see where it is leading.

09 Sat

Glenkens Folk Weekend

High Tea Tunes with Wendy Stewart

| 2:30pm | The Smiddy

| £7.50 / £3.50 Under 26/ £5.60 Active Travel Discount

High Tea Tunes is a new series of short concerts by well known local artists followed by tea and scones at the Balmaclellan Smiddy.

Wendy Stewart is a leading Scottish harper, a world class performer and inspirational teacher whose style and repertoire encompasses both traditional music and her own compositions.



09 Sat

Glenkens Folk Weekend

Breabach

| 7:30pm | CatStrand

| £14/ £4 under 26/ £10.50 Active Travel Discount

2020 marked a very special year in the life of Scottish folk favourites Breabach, as it was their 15th anniversary. Throughout those 15 years the band have always looked to acknowledge and respect the origins of both the music they play and the roots of the band whilst embracing the future with new ideas, energy and belief. It is these key attributes, combined with hard work and talent, that has seen them develop into one of Scotland's most exciting and successful folk groups.



10 Sun Glenkens Folk Weekend
Leveret
| 2:30 pm | Dalry Town Hall
| £12/£4 Under 26/ £9 Active Travel Discount

"Sublime, exquisite music – don't miss them"
- Martin Simpson

"Classy players… their intuitive way with tunes is glorious" - Mojo



Andy Cutting, Sam Sweeney, Rob Harbron

Leveret is a unique collaboration between three of England's finest folk musicians. Andy Cutting (button accordion), Sam Sweeney (fiddle) and Rob Harbron (concertina) are each regarded as exceptional performers and masters of their instruments. Together their performances combine consummate musicianship, compelling delivery and captivating spontaneity. Leveret's music is not arranged in the conventional sense and the trio rely on mutual trust and musical interaction to create new settings of their repertoire in the moment, with no two performances alike. Their playing is relaxed and natural, drawing audiences in and inviting them to share in music making that is truly spontaneous and yet deeply timeless.

"What was remarkable was the delicacy and quality of their playing and the empathy between the three men, watching each other intently as they progressed from repeated melody lines to subtle, spontaneous variations. It was a magical set."
- Robin Denselow, The Guardian ★★★★

10 Sun Glenkens Folk Weekend
Folk Session
| 5pm | The Clachan Inn, Dalry
| By donation; space is limited so advance booking is available.

Join us after Leveret and bring your instruments, for a folk session led by Ollie Rigg, Michael Muir (Muckle Spree), and Lucy Smith.



13 Wed — Oor Wee Podcast Live!

| 11:00 am | The CatStrand
| £5/ £3 Childs ticket/ £12 for a family of four



Oor Wee Podcast Live is an interactive, intergenerational show for all ages. Enjoy favourite stories and sangs from the globally acclaimed Oor Wee Podcast audio show. Performed live by co hosts Alan McClure and Susi Briggs. Renowned authors and storytellers Susi and Alan created Oor Wee Podcast during the pandemic, sitting in their ain wee hooses writing and recording stories and sangs in Scots and English. Noo they are oot o their studios and ready tae bring joy and nonsense tae live audiences. Oor Wee Podcast has been shortlisted for Scots Project o the Year at the Scots Language Awards 2021.
www.theweefolk.co.uk

17 Sun — Scottish Dance Theatre presents Antigone, Interrupted

| 2:30 pm | Dalry Town Hall
| £12/ £4 Under 25/ £9 Active Travel Discount



Photo Credit: Maria Falconer

What do you do when the state becomes the oppressor? Would you put your body on the line? A young girl ready to die to defend what she thinks is right. A king determined to impose his will as the rule of law. Antigone, Interrupted re-imagines a classic story for a contemporary world through the body and the voice of a single performer. Scottish Dance Theatre Artistic Director Joan Clevillé presents an intimate solo work created in collaboration with acclaimed performer Solène Weinachter. Using his distinctive mixture of dance, theatre, and storytelling, Clevillé examines the notion of dissent in democracy, and how the female body can be the target of oppression but also a powerful tool for resistance.

22 Fri Independent Arts Projects presents
WAVES by Alice Mary Cooper
| 2:00pm | CatStrand
| £12/ £4 Under 26/ £9 Active Travel Discount

Waves is the tale of Elizabeth Moncello and how, growing up on Gabo Island (Australia) in the 1930s, by emulating fish, penguins and dolphins to learn how to swim, she came to be the unofficial inventor of the butterfly stroke. Combining storytelling, movement and splashes of humour, Waves is about having the courage, desire, and determination to swim against the tide of expectation. An extraordinary tale of a life fully lived.



Photo Credit: Mihaela Bodlovic

'Captivating' ★★★★ - The List

'Fifty glorious minutes' ★★★★
- AllEdinburghTheatre.com

'A joy' ★★★★ - The Herald

'A born storyteller' - West Australian

27 Wed Film: Minari (PG 13)
| 7:30pm | Dalry Town Hall | £5
| Run time 115 mins | Cert PG 13 | 2020

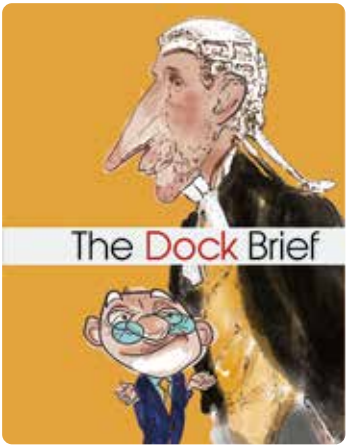
Minari follows a Korean-American family, father, mother and frail son that moves to a tiny Arkansas farm to make a new start. The family home changes completely with the arrival of the boy's grandmother whose presence provides the grit in the family relationships. As their new life takes a toll on all members as individuals the film shows the strength gained through holding together as a family unit.



02 Tue

Rapture Bites 2021: The Dock Brief by John Mortimer

| 2:00pm lunch, 1pm show | CatStrand
| £10/ £4 under 26/ £7.50 Active Travel Discount



Enjoy live theatre again!

Classic lunchtime theatre is back!

Following the huge success of Rapture Bites 2019, Rapture Theatre returns with Rapture Bites 2021.

Join us for lunch at 12:00pm in time for a 1:00 pm show; at 2:00pm you are invited to stay for a post show discussion.

The Dock Brief by John Mortimer

What happens when an unsuccessful murderer meets an even more unsuccessful barrister?

Budgie fancier Herbert Fowle has murdered his wife because she laughed too much, and he is now on trial. His only hope rests with Morgenhall, his court appointed barrister. However, Morgenhall has never won a case. Can Morgenhall change his lifelong losing streak and free Mr Fowle?

The Dock Brief has been performed all around the world, made into a film starring Peter Sellers and acted by two convicted criminals in Alcatraz.

Rapture's new exciting production of this classic play stars Scottish theatre legend and award winning performer John Bett as Morgenhall alongside EastEnders actor and popular panto dame Nick Wilton as Fowle

In the style of the treasured Ealing style comedies and written by the acclaimed writer of Rumpole of the Bailey, The Dock Brief is a delightful comedy about the law, life and love!

Enjoy great company, a light lunch and a classic short play!

"Rapture Theatre find the winning recipe for lunchtime theatre" - The Scotsman

09 Tue — Michael McGoldrick, John McCusker and John Doyle

| 7:30 pm | CatStrand
| £16/ £4 under 26/ £12 Active Travel Discount



Folk music's legendary triumvirate of musical magpies Mike McGoldrick, John Doyle and John McCusker are on tour again this November. As live music returns, Mike, John & John will bring you their own blend of top -class folk songs, tunes and charming bonhomie. With their vast repertoire, this will be an evening to remember. Described as the masters of flute, fiddle, song and guitar they have worked with the biggest and brightest and bring you a night of beautifully crafted music. Having shared stages and recording studios with everyone from Bob Dylan and Mark Knopfler to Paul Weller, Joan Baez and Linda Thompson, Mike, John & John are a rare musical treat you'll savour for a very long time.

"The Wishing Tree is exceptional and has to be a front-runner for album of the year" - Folk Radio

"A sparklingly tight programme... an excellent sound balance... never tiresome" - The Scotsman

"It takes a lifetime of playing to sound as effortless as these guys" - The Herald

"What an absolute pleasure to share in their warmth, intimacy and richly talented company" - Folking.com

10 Wed — FILM: Oh! What a Lovely War! (PG)

| 7:30pm | Dalry Town Hall | £5
| Run Time 144 mins | Cert PG | 1969



The savage satire on the tragedy of World War I and the futility of war. A massive cast of British actors present the war through its songs, tracking the conflict from its optimistic beginning in stately Edwardian England, through years of stalemate in the trenches to its exhausted and bitter ending.

13 Sat — High Tea Tunes with Alex McQuiston and Will Archibald

| 2.30pm | The Smiddy
| £7.50/ £4 under 26/ £5.60 Active Travel Discount





High Tea Tunes is a new series of short concerts by well known local artists, followed by tea and scones at the Balmaclellan Smiddy.

Join celebrated cellists Alex McQuiston and Will Archibald, who will be performing a special recital featuring works by Bach, Tchaikovsky and Schubert. This is a must for lovers of the classics and for anyone with an appreciation for beautiful music.

Treat yourself to an afternoon of sublime classical sounds.

13 Sat + 14 Sun — Playing Together

| Sat 13th Nov - 2.30pm & 4.00pm | Sun 14th Nov 2.30pm
| CatStrand | £12 Family Ticket/ £5 Adult/ £4 u18

This is a rescheduled show which will now be performed inside the CatStrand.

Andre Anderson's Playing Together is a dance show about the power of play & its effect on us. Bring your family and friends for this joyful occasion and make fond memories again!

Ages 0+ and their grown ups.

24 Wed An Tobar & Mull Theatre presents
Every Brilliant Thing
by Duncan Macmillan with Jonny Donahoe
Directed by Rebecca Atkinson-Lord
| 7:30pm | CatStrand | £12/ £4 Under 26/ £9 Active Travel Discount



You're seven years old. Mum's in hospital. Dad says she's 'done something stupid'. She finds it hard to be happy.

You make a list of everything that's brilliant about the world.

Everything worth living for.

1. Ice cream.
2. Water fights.
3. Staying up past your bedtime and being allowed to watch TV.
4. The colour yellow.
5. Things with stripes.
6. Rollercoasters.
7. People falling over.

You leave it on her pillow. You know she's read it because she's corrected your spelling.

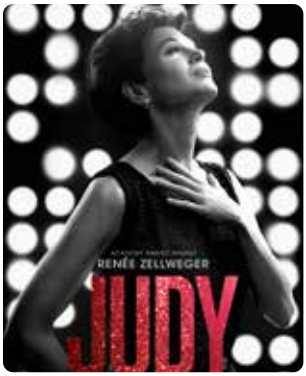
A hilarious play about depression and the lengths we will go to for those we love.

Based on true and untrue stories.

26 Wed **Judy (12A)**
| 7:30pm | Dalry Town Hall | £5
| 2019 | Run time 118 mins | Cert 12A

In the winter of 1968, near the end of her career, legendary performer, Judy Garland, arrives in London to perform a series of sold-out concerts at the "Talk of the Town".

The film finds the star struggling to stay afloat. Although she gives her everything on stage, behind-the-scenes, she's broke, broken and in desperate need of a new beginning. Stars Renee Zellwegger as Judy in an outstanding performance as the singer.



EXHIBITION

Oct & Nov

CatStrand Permanent Collection

| CatStrand: Normal opening hours

Impressions of the Glenkens.

GCAT commissioned this series of works by artists who staged exhibitions at the CatStrand, in a project supported by Creative Scotland.

Work's include:

Lisa Hooper; Red Kites, Lauriston

Finlay Couper; Ken Littoral

William Neal; Indigo Light, Loch Ken

Hazel Campbell; Galloway Hydro-scheme

Hazel Campbell; Glenkens Diptych

Leo Blamire; Dark Sky Golden Moon

Jo Gallant; Before the Forest



Jo Gallant, Before the Forest

WORKSHOPS & GATHERINGS

Oct 14 Thu + Nov 11 Thu

Ken Words: Glenkens Writers' Café
| 7-9pm | CatStrand Café | Free
| No booking or regular commitment required



The Glenkens Writers' Café offers a friendly, supportive environment to meet monthly (on the second Thursday of the month) for writing-focussed conversation and discussion of work-in-progress.

It is open to anyone interested in writing, whatever your in/ experience and whether or not you choose to share your own writing.

The Café session is supported by the CatStrand café, which will be open for the sale of hot and cold drinks.

The evening is hosted by Jane McBeth (Project Co-ordinator).

Please contact her at jane.kenwords@gmail.com if you have any queries.

Oct 28 Thu

Ken Words: Writers' Café Online
| 7-9pm | Via email and phone | Free



The virtual re-imagining of our Writers' Café means you can still enjoy writing-focussed conversation from home. It offers the chance to read other's work and discuss your own with Café-goers by email or phone.

No booking or regular commitment required but if you are thinking of joining in for the first time, please do get in touch beforehand so that you can be made welcome and included in email circulation.

The evening is hosted by Jane McBeth (Project Co-ordinator).

Please contact her at jane.kenwords@gmail.com if you have any queries.

WORKSHOPS & GATHERINGS

Nov 14 Sun

The Ceilidh Club

| 2pm workshop; 3pm music session | The Smiddy
| £5 for the workshop and session | Session only by donation
| Spaces limited, advance booking recommended

The Ceilidh Club is a fun and informal space to come together and enjoy making music. Local musicians Ollie Rigg, Michael Muir and Lucy Smith will workshop a tune or two for the first hour, then we will enjoy a laid back and supportive session for the second hour.

All instruments are welcome, and no experience of playing traditional music is necessary although a level of musical ability either by ear or from sheet music is required. More confident players are welcome to come for the second hour, or join for both. If you'd like to chat about your instrument or experience please contact Lucy on lucy@catstrand.com.

Soft drinks will be available at the Smiddy for a small cost on the day.

Nov 25 Thu

Ken Words: Kirkcudbright Writers' Café

| 7 – 9pm | Wee Bar, The Selkirk Arms | Free
| No booking or regular commitment required

The Kirkcudbright Writers' Café finally returns to The Selkirk Arms, offering a friendly, supportive environment to meet for writing-focussed conversation and discussion of work-in-progress.

It is open to anyone interested in writing, whatever your in/experience and whether or not you choose to share your own writing.

The hotel bar sells a wide selection of hot, as well as cold, drinks.

The evening is hosted by Jane McBeth (Project Co-ordinator).

Please contact her at jane.kenwords@gmail.com if you have any queries.



GALLOWAY GLENS
introduces

AUTUMN & WINTER PROGRAMME

As the nights grow longer and the shroud of darkness envelops us

As the nights start drawing in, the Galloway Glens Team have been working with a range of partners to provide a fascinating series of events to carry us through the darker months.

November sees the critical COP26 Climate Change conference in Glasgow. We'll be exploring the impact of climate change from a Galloway perspective, how will we be impacted and what part can we play.

PEATLAND CONNECTIONS
06 OCTOBER, 7.30PM

Galloway Peatlands are a vital part of Scotland's Peat arsenal. Crichton Carbon Centre will give us a tour of what we know and what we don't know. Event hosted in Kirkcudbright's Dark Space Planetarium, book to attend either in person or online.

GOOD NEIGHBOURS: HOME & AWAY – THE TALES OF A WAYWARD GOOSE.
20 OCTOBER, 7.30PM. TICKETS £8.

The Wild Goose Festival and Galloway Glens presents a unique evening of science and story. With performances from the story weavers of Moat Brae and lectures from eminent scientists on the adventures of geese. Event hosted in Moat Brae, book to attend in person or online.

GALLOWAY TROUT TRAVELLERS
03 NOVEMBER, 7.30PM

Meet the common trout, a fish that has travelled around the world. Transported to far-flung places, but does a Trout ever change its spots? An evening with prominent local artists and world-class scientists. Event hosted in New Galloway's Catstrand, book to attend either in person or online.

THE WILD WOODS OF WESTERN EUROPE
17 NOVEMBER, 7.30PM

Scruffy and dishevelled woodland: the engine for biodiversity and the lungs of the earth. From ancient woodlands to forests-long-gone, what have we learned? Event hosted in Dalry Town Hall, book to attend either in person or online.

LET'S GROUSE
01 DECEMBER, 7.30PM

Burns was described as *"nothing more than a singing blackcock"*. The Black Grouse used to strut around the Uplands, along with our national bard. But there is trouble ahead for this iconic species, what can we do? Event hosted in Balmaclellan Smiddy, book to attend either in person or online.

INSPIRATIONAL THREAVE
15 DECEMBER, 7.30PM

Something exciting is happening at Kelton Mains. The world is watching, but where did this project come from? Where is it going and what does it mean? Event hosted in Threave House, book to attend either in person or online.

ROBINS: A FRIENDLY CHRISTMAS CHARACTER?
22 DECEMBER, 7.30PM

For too long, the Robin has adorned our Christmas scenes, as a saint amongst birds. But let's unpick this, from Viking Folklore to Victorian tradition, how did the bird get away with it? Event hosted in CatStrand, book to attend either in person or online.

ALL EVENTS ARE 'HYBRID': YOU CAN ATTEND ONLINE OR IN PERSON!

Full joining instructions will be issued after booking. Follow us on Facebook, Twitter and Instagram @ **gallowayglens** for updates on upcoming events. Book your place: **www.gallowayglens.org/events.** Queries: **info:gallowayglens.org.** Many thanks to all partners involved.

GALLOWAY GLENS

Dumfries & Galloway

GALLOWAY AND SOUTHERN AYRSHIRE BIOSPHERE

COMMUNITY VOLUNTEERS

WOULD YOU BE INTERESTED IN HELPING OUT AS A COMMUNITY VOLUNTEER IN THE GLENKENS?

Sometimes a community group may need one off or occassional additional help at a special event or project. Community volunteers could be asked to help out occassionally, as much or as little as you wish. You could be notified when a specific type of help is required according to your preferences.
It could be clearing a path, serving teas at a village gala, stewarding an event.... the list is endless!

If you're interested or would like to know more please contact Fiona on contact details below.

CALL 01644 420374
EMAIL FIONA@CATSTRAND.COM

WORKSHOPS & GATHERINGS

Write On: Writing Group

| Various dates & timings | Contact us for more details

Write On is a writing group based at CatStrand and run by local author Margaret Elphinstone. We are currently meeting virtually. The group is structured around a monthly topic with online discussion and feedback. If you would like to join the group please contact Margaret by email to writeongalloway@gmail.com.

IT & Tech Help

| Free 1-1 Sessions from October

Connecting in Communities have teamed up with our favourite IT gurus from Castle Douglas's IT Centre to bring back our popular IT Drop-in Sessions, right here in the heart of the Glenkens at the Smiddy in Balmaclellan. So, if you have issues with your phone, tablet laptop or other device, then we're here to help, completely free of charge! To book your half hour 1-1 session call Brian, Chris or Fiona at CatStrand on 01644 420374 or email brian@catstrand.com, chris@catstrand.com or fiona@catstrand.com

Glenkens Men's Shed

| Various dates & timings | Contact us for more details

Glenkens Men's Shed is back up and running behind the Smiddy in Balmaclellan, DG7 3QE. The "Shed , which was first in Dumfries and Galloway and one of the first in Scotland, offers a wide array of opportunities to meet, socialise, drink tea and pursue crafts and hobbies in our spacious and well-appointed shed. It's accessible, has free parking, free electric vehicle charging (powered by our solar panels), and tons of kit and equipment. Membership is £15 a year and subs are £1 a week for as many sessions as you wish to attend, we're open to both men and women, 16 – 18 year olds are also welcome but must be accompanied by a responsible adult. Contact Brian or Chris at CatStrand on 01644 420374 or email brian@catstrand.com, chris@catstrand.com for more details.

Photography Group

| Free

Join the group under the expert tutelage of former professional photographer Ian Biggar, hints and tips, outings, exhibitions and discussions. Fine tune your digital photography skills, all abilities welcome. The group usually meets fortnightly contact brian@catstrand.com for more info.

Community Volunteers

Would you be interested in helping out as a Community Volunteer in the Glenkens?

Sometimes a community group may need one off or occasional additional help at a special event or project. Community volunteers could be asked to help out occasionally, as much or as little as you wish. You could be notified when a specific type of help is required according to your preferences. It could be clearing a path, serving teas at a village gala, stewarding an event.... the list is endless!

If you're interested or would like to know more please contact Fiona on contact details below.

Fiona@catstrand.com or 01644 42037

WORKSHOPS & GATHERINGS

Mondays

Margaret Morris Movement: Adult class

| 2.30pm | CatStrand | £5
| Restarts 25th October

MMM gives an understanding of how correct breathing can increase stamina and range of movement; how working on posture can improve health and vitality; how using the body's natural opposition can strengthen muscles; all this as well as balance, agility and coordination leading to being able to free the body to dance and the mind to be creative.

"MMM is the hidden gem of the dance world."

Please book a place online or by email to Sara.lockwood@sky.com

Mondays

JPFitness: Kettlebell Fitness Class

| 7pm (1 Hour) | | Balmaclellan Hall
| £6 Adv Booking Required

Join local fitness coach John Fagan for an exhilarating kettlebell based exercise class. Full body training session using kettlebells for strength and endurance aimed at improving overall fitness, health and wellbeing. To book and for more information email jpfagan@hotmail.co.uk



WORKSHOPS & GATHERINGS

Tuesdays

Vinyasa Flow Yoga

| 5.45pm (1 hr class) | Online via zoom | Pay What You Can

A relaxing hour in the company of yoga tutor Amy, all abilities are welcome. Vinyasa is style of yoga joining postures together so that you move from one to another, seamlessly, using the breath. Commonly referred to as "flow yoga, Vinyasa classes offer a variety of postures, and no two classes are ever alike. To join or for more details contact Amy on amyfowler.yoga.edinburgh@gmail.com

Tuesdays

Indian Club Swinging

Look out for our taster sessions with local instructor John from JPFitness. Indian club swinging is a unique and exciting form of fitness training based around this ancient art from the Asian subcontinent. For more information email jpfagan@hotmail.co.uk

Wednesdays

Zumba

| 7.15pm (45 min class) | Online via zoom | Pay What You Can

A great way to get fit and enjoy yourself with this Latin inspired exercise to music class. Zumba is a fitness program that combines Latin and international music with dance moves. It incorporates interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness. Payment is made via paypal. To book and for more information email samantha.rushton@hotmail.com

Wednesdays

CIC Pub Quiz

| 8-10.30pm | Online via zoom | Free

Join quizmaster Chris for a pub-quiz style evening, all your favourite rounds plus pictures and music, pit your wits against the rest and see who comes out best! Contact chris@catstrand.com for your link to join in.

WORKSHOPS & GATHERINGS

Thursdays

JPFitness: **Core Fitness (Bums n Tums)**

| 9.00am (30 min class) | Online via Zoom



Get your daily dose of exercise with this quick, fun workout aimed at those problem areas! A short core and lower body training session using bodyweight only, aimed at improving core fitness and toning as well as general health and wellbeing. Payment is made via paypal. To book and for more information email jpfagan@hotmail.co.uk

Thursdays

Yoga

| 9.30am (1 hr class) | CatStrand | £5

Unwind after the working week with this beginner friendly yoga class in the company of yoga instructor Kath Ryan. Suitable for all levels but focussed on the basics, please bring your own mat. To join or for more details contact Kath on kathyr64@hotmail.com

Thursdays

CatStrand Singers

| 11am (1 hr plus coffee/chat time)

| Dalry Town Hall | Pay What You Can



Join local performer and music teacher Nicola Black for an hour of collective singing, no experience is needed, and you don't need to be able to read music either. The CatStrand Singers are working towards making a recording of songs celebrating the Glenkens, especially arranged and written for the group. New members are welcome. To join in email: nicolablack@madasafish.com

WORKSHOPS & GATHERINGS

Fridays

Zumba Gold

| 9.15am (45 min class) | Online via zoom
| Pay What You Can

An alternative version of traditional Zumba but still great way to get fit and enjoy yourself with this Latin inspired exercise to music class. Zumba is a fitness program that combines Latin and international music with dance moves. It incorporates interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness. Payment is made via paypal. To book and for more information email samantha.rushton@hotmail.com



Fridays

Yoga

| 5.30pm - 6.45pm (1 hr 15 min class)
| New Galloway Town Hall | £5 | Starting Oct 22nd

Unwind after the working week with this beginner friendly yoga class in the company of yoga instructor Kath Ryan. Suitable for all levels but focussed on the basics, please bring your own mat. To join or for more details contact Kath on kathyr64@hotmail.com

Saturdays

JPFitness: Circuit Training

| 8am | Balmaclellan Hall | £6

An equipment free, old-school circuit class to kick the weekend off with sixty minutes of pulse raising, fat burning fun and games.To book and for more information email jpfagan@hotmail.co.uk

Unless otherwise stated, workshops are on-going throughout October and November. Please pre-book by contacting the organiser directly or phone the CatStrand and ask for Brian, Chris or Fiona.

CatStrand Youth Arts

@catstrandyoutharts

www.gcat.scot / www.catstrandyouth.co.uk



OCTOBER HOLIDAYS

09 OCT

Art Explorers

• CatStrand, New Galloway £2

• 10am-11am: ages 5-8 • 11.15am – 12.30pm: age 8+

The first of our new fortnightly Art Explorers sessions. Each week will explore a different theme, artist or material, giving you the chance to get hands on and highly creative.

11 OCT

Youth Volunteers

• CatStrand, New Galloway • Free

• 5.30pm – 7.30pm • Age 12+

One of our regular fortnightly meet-ups to help decide and plan what goes on in Glenkens this autumn and winter. Come and hang out, eat some pizza and get involved!

13 OCT

Oor Wee Podcast Live!

• CatStrand • £5/£3/£12 Family Ticket (2 adults & 2 children)

• 11:00 am

Oor Wee Podcast Live is an interactive, intergenerational show for all ages. Enjoy favourite stories and sangs from the globally acclaimed Oor Wee Podcast audio show. Performed live by co hosts Alan McClure and Susi Briggs.

Renowned authors and storytellers Susi and Alan created Oor Wee Podcast during the pandemic, sitting in their ain wee hooses writing and recording stories and sangs in Scots and English. Noo they are oot o their studios and ready tae bring joy and nonsense tae live audiences. Oor Wee Podcast has been shortlisted for Scots Project of the Year at the Scots Language Awards 2021.

BOOK ONLINE VIA
www.gcat.scot, by phone
01644 420374 or email
lucy@catstrand.com



18
19
OCT

Exploring Art Mapping with Rosie Priest

• CatStrand, New Galloway • Free

• 11am – 4pm • Age 11+

This two-day workshop will give you the chance to try out ways of creating art maps of the places that are important or interesting to you. You'll go out and about around New Galloway looking for inspiration, and have a go at printmaking, painting, sculpture, drawing and whatever else you fancy – absolutely not to be missed!

24
OCT

Minecraft Tournament

• CatStrand, New Galloway • Free

• 3pm – 5pm • Age 10+

The first of our new Monthly Gaming Sessions. A friendly and laid-back place to game together. *Contact lucy@catstrand.com if you'd be interested in a session for younger ages.

HALLOWEEN

13
OCT

Zentangle Anime Halloween Workshop

• CatStrand • £3

• 2pm • Age 11+

Draw your own anime character, skeleton or pumpkin, learn some basics of shading and discover the zentangle process using pen and ink and/or pro markers in this fun meditative drawing workshop.

BOOK ONLINE VIA
www.gcat.scot, by phone 01644 420374 or email lucy@catstrand.com

15 OCT

Surprise Spooky Film Screening (PG)

• Dalry Town Hall • Free

• 6.30pm for 6.45pm start of film • Age 12+

Join us for a screening of a spooky favourite to get you in the mood for all things Halloween.

19 OCT

Halloween Art and Crafts Extravaganza - Family workshop

• Crossmichael Memorial Hall • £2 per child/young person

Bring your grown-ups and try your hand at a range of sparky and creative Halloween crafts, from pumpkin suncatchers to scaredy cat blow painting.

23 OCT

Art Explorers

• CatStrand, New Galloway • £2

• 10am-11am: ages 5-8 • 11.15am – 12.30pm • Age 8+

Join Catherine Campbell for an Art Explorers Halloween special where you'll make your own stamps and try out press print tiles and rollers.

30 OCT

Halloween Party

• CatStrand, New Galloway • Donations on the door

• 6pm – 8pm

This firm favourite is finally back! Spooktacular!

Hosted by Friends of Dalry School and CatStrand Youth Arts.

BOOK ONLINE VIA
www.gcat.scot, by phone
01644 420374 or email
lucy@catstrand.com

COP26: CATSTRAND FLASH MOB

- Open to ages 14+
- FREE TO ATTEND
- First meeting 14th October, 1pm-4pm at CatStrand

The climate is an unavoidable subject in our time. But what do you think? Here's your chance to tell the world!

Throughout October we'll be hosting workshops and rehearsals that will be fast paced and energetic, working to put together short pieces of street theatre that will be performed flash mob style in Dumfries on Youth Day of the COP25 Conference (Nov 6th), and in Glasgow on Sunday 8th November. As for what shape these will take? That is up to you!

For anyone with an interest in drama, theatre, dance, circus, performance, or movement, and of course, the climate! This will be a fun, highly creative, topical and exciting project to be part of. Sign up by emailing lucy@catstrand.com or via www.gcat.scot.



BOOK ONLINE VIA

www.gcat.scot, by phone 01644 420374 or email lucy@catstrand.com



REGULAR CLASSES AND EVENTS

Margaret Morris Movement Dance Classes

• Mondays (term time) at CatStrand

Led by local dancer, choreographer and teacher Sara Lockwood.

Health Play

• 3.45pm – 4.30pm

Music, a song, a story, a rhyme, an idea, an object combine in this delightful dance syllabus for pre-school and early years in these Health Play creative movement sessions.

Children's Grades and Youth Dance

• Ages 8 -15 • 4.30pm – 5.30pm

A series of dance exercises combined with free expression and dance composition help the individual to develop physically, socially, emotionally and intellectually. These classes encourage a creative mind alongside a broad movement vocabulary.

Art Explorers

• Fortnightly Saturdays (9th October – 18th December) • £2

• CatStrand, New Galloway

• 10am-11am: ages 5-8 • 11.15am – 12.30pm: age 8+

A different theme, artist and/or style for each session. Come along and get creative

BOOK ONLINE VIA
www.gcat.scot, by phone 01644 420374 or email lucy@catstrand.com

Random Writers

• Fortnightly Thursdays at Dalry Library • Free

• 3.30pm – 5pm • Age 11+

A space to enjoy writing - whether you've got a project on the go or are keen to start.

Youth Volunteers

• CatStrand, New Galloway • Free

• 5.30pm – 7.30pm • Age 12+

Our regular fortnightly meet-ups to help decide and plan what goes on in Glenkens this autumn and winter. Come and hang out, eat some pizza and get involved!

Dates for Monthly Gaming and Movie Nights coming soon

BOOK ONLINE VIA
www.gcat.scot, by phone
01644 420374 or email
lucy@catstrand.com



LOCAL SERVICES

Galloway Community Transport
Services, October - November 2021

Glenkens to Newton Stewart Return Service

| Tuesdays | £3.50 Return Fare | Advance booking required

WEEKLY SERVICES Glenkens to Newton Stewart	Dalry (Underhill)	09:30
	New Galloway (Town Hall)	09:35
	New Galloway (CatStrand)	09:37
	To Aldi Car Park	
Return Pickup	Newton Stewart (Aldi Car Park)	11:30

Glenkens to Castle Douglas (Tesco)

| Wednesday Evenings | (GK2 Registered Route) | Advance booking not required.

Outward Journey	Depart Dalry (Underhill)	19:00
	New Galloway (Carson's Knowe Bus Stop)	19:05
	Mossdale	19:15
	Lauriston	19:25
	Townhead of Greenlaw	19:30
	Castle Douglas (Market St)	19:37
	Castle Douglas (Tesco)	19:40
Return Journey	Castle Douglas (Tesco)	20:35
	Castle Douglas (Market St)	20:37
	Townhead of Greenlaw	20:47
	Laurieston	20:50
	Mossdale	21:00
	New Galloway (Carson's Knowe Bus Stop)	21:10
	Dalry (Underhill)	21:15

Please see www.gallowaycommunitytransport.org for service updates and other GCT news.

Booking
www.gallowaycommunitytransport.org
or by telephone to CatStrand 01644 420 374

GCT GALLOWAY COMMUNITY TRANSPORT
A Scottish Charitable Incorporated Organisation

LOCAL SERVICES

GCT Excursions Now booking

Oct 09 Sat

Gardens of Excellence
The Autumn Garden, Dawyck Botanic Garden

Stobo, Peebles £10

Pickups:

0900 Dalry (Underhill);

0910 New Galloway (CatStrand)

0940 Castle Douglas (British Legion, Market Hill)

1000 Kirkcudbright (Harbour Square Bus Stop)

Oct 16 Sat

Creative Crafts Show
Crafts for Christmas

SECC, Glasgow £10

Pickups:

0800 Kirkcudbright (Harbour Square Bus Stop)

0825 Castle Douglas (British Legion, Market Hill)

0900 New Galloway (CatStrand)

0910 Dalry (Underhill)

0925 Carsphairn (Shop)

Please see www.gallowaycommunitytransport.org for service updates and other GCT news.
Booking www.gallowaycommunitytransport.org or by telephone to CatStrand 01644 420 374

DRIVERS REQUIRED

For voluntary and paid community services driving.

MiDAS training and mentoring provided.

Further information call Glen on 07841 512440

MEMBER HIRE

GCT has 16, 15, and 8 seater minibuses and a fully wheelchair accessible electric car available for hire by community organisations.

For information about membership and terms and conditions of hire see the GCT website or phone 07841 512449.





CYCLE TRAINING

Cycling can improve health and fitness

Would you like to try an EBike? Join a group cycle ride? Brush up on cycling skills?

Perhaps you haven't ridden for a while and would like a 1:1 **confidence building** session.

Thursdays 10am at the CatStrand

For more info or to book a FREE session please contact: Annick.laroque@sustrans.org.uk

or call / text 07824863032

Sustrans is a registered charity in Scotland (SC039263) and in England and Wales (326550)

sustrans
JOIN THE MOVEMENT

DIRECTORY

EVENTS

OCTOBER

DATE	EVENT	PAGE
03 Sun	Autumn Field Notes— over hill and holm	4
06 Wed	Film: JoJo Rabbit (12)	4
09 Sat	Glenkens Folk Weekend High Tea Tunes with Wendy Stewart	5
09 Sat	Glenkens Folk Weekend Breabach	5
10 Sun	Glenkens Folk Weekend Leveret	6
10 Sun	Glenkens Folk Weekend Folk Session	6
13 Wed	Oor Wee Podcast Live!	7
17 Sun	Scottish Dance Theatre presents Antigone, Interrupted	7
22 Fri	Independent Arts Projects presents WAVES by Alice Mary Cooper	8
27 Wed	Film: Minari (PG 13)	8

NOVEMBER

02 Tue	Rapture Bites 2021: The Dock Brief by John Mortimer	9
09 Tue	Michael McGoldrick, John McCusker and John Doyle	10
10 Wed	FILM: Oh! What a Lovely War! (PG)	10
13 Sat	High Tea Tunes with Alex McQuiston and Will Archibald	11
13 Sat & 14 Sun	Playing Together	11
24 Wed	An Tobar & Mull Theatre presents Every Brilliant Thing	12
26 Fri	Judy (12A)	12

DIRECTORY

EXHIBITION

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Ken Words: Writers' Café Online	14
The Ceilidh Club	15
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Glenkens Men's Shed	18
Photography Group	18
Margaret Morris Movement: Adult class	19
JPFitness: **Kettlebell Fitness Class**	19
Vinyasa Flow Yoga	20
Indian Club Swinging	20
Zumba	20
CIC Pub Quiz	20
JPFitness: **Core Fitness (Bums n Tums)**	21
Yoga	21
CatStrand Singers	21
Zumba Gold	22
Yoga	22
JPFitness: **Circuit Training**	22

Glenkens Community & Arts Trust Ltd
CatStrand High St New Galloway
DG7 3RN
www.gcat.scot
Reg Scottish Charity SCO32050

CatStrand Café and Shop
Opening hours are 11-4pm daily.
Seating indoors and outdoors
Lunches, coffee & cake, licensed bar.

CatStrand and The Smiddy are fully accessible.
Accessible toilets available in both buildings.
Disabled parking available on site.
General parking available in public car parks in New Galloway
and on street in Balmaclellan.
Hearing loop available for events at CatStrand.
Free electric vehicle charging facilities are available at the Smiddy.

For any other access queries please get in touch.

Box Office & Bookings
For booking enquiries or to book over the phone
call us on 01644 420 374.
Box office is open 11am -4pm daily
Book Online www.gcat.scot

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GCAT VENUES

CATSTRAND
New Galloway,
www.catstrand.com

THE SMIDDY
Balmaclellan
www.thesmiddy.co.uk

COMMUNITY ARTS PARTNERS

LAGWYNE HALL
Carsphairn
www.carsphairn.org

CROSSMICHAEL ARTS
Crossmichael
www.crossmichael.org

DALRY TOWN HALL
St John's Town of Dalry
www.dalrytownhall.co.uk

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