Glenkens Community & Arts Trust











Coming Up: • Mairi Cambell • The Sugar Revue • The Paul McKenna Band
• Moishe's Bagel • Rapture Bites • Christmas Season • Ken Words

CatStrand: Arts & Events GUIDE Winter 21-22

Connecting in Communities: activity programme

Glenkens Community Transport: bus & ebike scheme

| 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 / to book
01644 420 374 or www.gcat.scot

The Box office is open 11am-4pm daily





New Active Travel Discount

25% off your ticket for our main events programme if traveling by public transport, walking or cycling.

See pricing details for events in this brochure and on GCAT.scot

INTRO

As we move firmly into the dark months, I am excited to introduce our GCAT Winter Programme, packed as usual with Connecting in Communities regular activity groups, Galloway Community Transport services and excursions, and of course our ever-inspiring CatStrand Arts and Youth Arts programmes.

I joined GCAT in October as Executive Manager, a role which has a dual remit. I am heading up GCAT and all its (many!) projects, and will also be working with local organisations to drive forward the ambitions and priorities set out in the Glenkens & District Community Action Plan. The CAP was commissioned by the Glenkens & District Trust to try and understand what our communities need to thrive and how we can best use our current and any future Community Benefit funds to meet those needs. It's an exciting part of the role, and I look forward to getting out and about and meeting the many excellent organisations across the Glenkens that want to be part of this evolution.

Back to GCAT - I'd like to pay tribute to our amazing staff and volunteers, who have weathered the COVID storm with grace, good cheer and an enormous amount of hard work. I hope when you see this programme, visit the CatStrand or the Smiddy, take part in a photography or exercise class, take a GCT bus out, read the Glenkens Gazette or attend an Arts or Youth Arts event around the area. You can see our commitment to serving the communities of the Glenkens to the utmost.

Some of you may know that I have lived in New Galloway for 15 years now, and am so happy to be bringing up my family here. As a Glenkens resident (and enthusiast!), I look forward to GCAT continuing to be a core part of Glenkens life, and helping all I can with that.

Helen Keron
Executive Manager

It has been highly exciting to welcome live audiences back into the CatStrand. I am grateful for the good humour with which people have stuck to the precautions, and tremendously relieved that the requirement to wear masks has not got in the way of real enjoyment of live events. There are many in our community who remain concerned about COVID risk, and these measures help everyone feel safe and allow us to open up. We are moving towards full houses being the norm, both to meet demand and so that the programme is financially viable. When purchasing, tickets will be clearly marked as to whether events are full house or distanced.

This programme covers December & January, and then takes a look forward into the highlights of February, March and beyond, in a year which celebrates the bicentenary of the building of the Ken Bridge. Be warned - there are one or two events in the spring and summer that we expect to sell quickly, so don't delay with your bookings!

Peter Renwick
Arts, Culture and Heritage Manager

EVENTS

NOVEMBER

Thu 25 Nov + Thu 02 Dec

Late Night Shopping

6.30pm | CatStrand, New Galloway | Free Entry



Need some inspiration for Christmas 2021? Come and see the new CatStrand shop stock that has arrived just in time for your Christmas purchases. Almost all of our stock is sourced from Scotland, and a lot from D&G makers.

We will extend the shop into the auditorium to allow for social distancing.

The café will be open for coffee and treats in the Pyramid Gallery - come and make an evening of it!

New lines include:

Dora: doorstops, paperweights, keyrings

Bonnie Wee Designs: jewellery

Chloe Gardener: mugs, chopping boards, tea towels, notebooks

Pewtermill: pewter scarf rings, brooches, vases

Heathergems: jewellery

Brands include:

Thomas Joseph: cushions and mugs

Shearer: candles

Ladycrow: scarves and brooches

Earth Squared: handbags

Mala: purses

Ronnie Hek: specialist soft toys, Outlander Bear

Eco Chic: thermal bottles, facemasks, snoods

Catherine Redgate: snoods, money pots, tea towels

Fancy some fuss-free home-style cooking for your Christmas celebrations? Place your orders for Helen and Eileen's delicious Mince Pies and Christmas Cake by the 3rd December.



27 Sat

Gazing

| 2:00pm | CatStrand, New Galloway | £8:00

Gazing – a play by Carolyn Yates, skillfully weaving musings, memories, poetry and provocations. Performed by Linda Duncan McLaughlin, Sheila Grier and Kirsty Miller.

Inspired by the women who collaborated with Kim Ayres to create the 'Women Over Fifty' Project, Gazing is about bodies - older women's bodies - what we think about them and what you think about them.

Bold, funny, illuminating, and challenging.

45 minutes running time followed by coffee and Q&A with the Director and cast.

27 Sat

The Vinyl Countdown

| 7:30pm | CatStrand, New Galloway

| Free Entry & Gig Bus - booking required

Disco With A Difference! Dig out your old 45s, bring them along to CatStrand and DJ Old's Cool will play them along with their own favourite disco anthems. Sing, dance, tap your feet, or simply enjoy the sounds! The CatStrand bar will be open, so don't forget to book the free bus home.

Staged by Connecting In Communities



03 Fri

The Sugar Revue Burlesque and Cabaret Show

| 7:30pm | CatStrand, New Galloway
| £14 / £4 under 26 / £10.50 Active Travel Discount | For ages 18+



The Sugar Revue Burlesque and Cabaret Show returns to CatStrand with a fun-packed sexy stocking filler of a Christmas show. Wild Card Kitty and company return, featuring a line-up of some of Scotland's best burlesque talent and award-winning cabaret performers, all with a fabulous festive edge to their acts for you to enjoy. Acts include burlesque striptease, comedy music, exciting magic, unique variety performance (and of course the Raffle of Rubbish!), all hosted by Scotland's favourite vaudevillians: The Creative Martyrs. So get your gladrags and party hats on and come celebrate the festive season with us!

08 Wed — Film: Little Women

Dalry Town Hall | £5 | 2 hours 15mins : 2019 : Cert U

Now a struggling writer in New York, Jo March looks back on her early adulthood in the aftermath of the American Civil War with her three sisters and friends in Concorde Mass. What happened to these strong-willed women at a time when ambition was a preserve of the male?



Ken Words: Writers' Cafés

New Galloway & Kirkcudbright | 7–9pm | Free: No booking required

Thu 09 Dec + Thu 13 Jan + Thu 10 Feb — CatStrand, New Galloway

Thu 27 Jan — Wee Bar, The Selkirk Arms, Kirkcudbright

The Writers' Café offers a friendly, supportive environment to meet monthly 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.

Hot and cold drinks can be purchased from the CatStrand café / The Selkirk Arms Hotel bar during Café sessions.



The evening is hosted by Jane McBeth (Project Co-ordinator). Please contact her at jane.kenwords@gmail.com if you have any queries.



10 Fri + 11 Sat + 12 Sun

CatStrand Youth Players - Pantomime

Old Mother Hubbard by Paul Reakes

- Fri 10th & Sat 11th December 7:30pm
- Sun 12th December 3:00pm
- £7 / £4 under 26

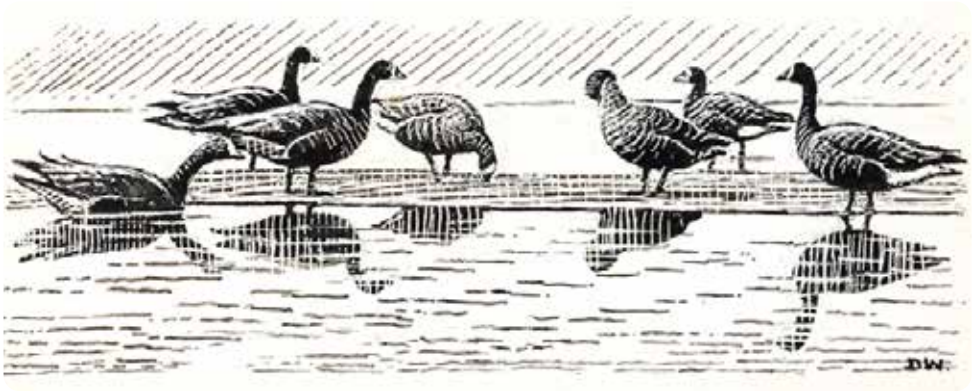
The CatStrand Panto returns with the hilarious story of Old Mother Hubbard. With her cupboards all bare again and with her and her family facing eviction, in true panto fashion the Good Fairy transports them to America to find long lost Uncle Ossie who has made his fortune ranching in the Wild West.

Plenty of hilarious characters are encountered along the way, with a few baddies too. There are plenty of opportunities for audience participation throughout before Ossie is finally found in Big Chief Thundercloud's camp and of course everyone lives happily ever after!

We look forward to welcoming everyone back to our Christmas Panto again but please book your tickets early to avoid disappointment!

12 Sun — Winter Voices— a poetry walk over hill and holm

| 12 noon – 4.00pm (arrive 11.45am)
| Start and finish at Dalry Town Hall | £5



White-fronted geese ©Donald Watson Estate

Bird educator and expert Chris Rollie will guide a 2½ hour circular walk on the Watson Bird Trail up through 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 calls and winter behaviour of birds encountered on the route. Referencing the artwork and writings of Donald Watson, he will speak of the 'tribes' of birds that over-winter in the region, and draw participants' awareness to the fine Galloway views that open up during winter.

Jane McBeth will then facilitate a 1 hour writing workshop to assist participants to make the beginnings of a short-form poem or piece of prose from field notes scribbled during the walk.

Full details of the route, itinerary, facilities, and what else to bring are available on the website www.gcat.scot.

This event is organised by Ken Words. Any queries, please contact Jane McBeth (Project Co-ordinator) jane.kenwords@gmail.com. All welcome, no experience necessary.

Supported by: Creative Scotland and the Blackcraig Wind Farm Community Benefit fund through the Glenkens and District Trust, administered by Foundation Scotland.

12 Sun — The Clachan Folk Session

| 5:00pm - 7:00pm | The Clachan Inn, Dalry | Free: Unticketed

Bring your instruments or singing voice for a folk session led by Ollie Rigg, Michael Muir (Muckle Spree), and Lucy Smith. We recommend prompt arrival to get a seat! If room capacity is reached, drinks will be available in the bar while a one-in-one-out policy is in operation. A great pub with great tunes & great company!



18 Sat — A Christmas Carol

| 7:00pm | Balmaclellan Village Hall | £1 Adults / Aged 5 or under free



Dickens' classic tale, adapted as a two person production by Neil Paterson and Jilly Henderson. This show features all the favourite characters, Dickens' rich language and his enduring and inspiring message. It's spooky, it's funny, it's intimate and it's very heartwarming.

If you think anybody who wishes you a 'Merry Christmas' should be buried with a stake of holly through the heart, then this is a must-see! And if you're convinced that Christmas is a kind, forgiving, charitable, pleasant time, then this show is certainly for you too. And bring a torch!

Having moved to Balmaclellan in August this year, Neil and Jilly are delighted to bring their experience in writing, performance and production skills to a new audience in the Galloway Glens.

Staged by Balmaclellan Community Council

19 Sun CatStrand Kids Cinema presents ELF (PG)

| 1:00pm | £5 Adults / £2 Under 16 / £10 Group ticket up to 2 Adults & 2 Children | 1h 37min : 2003



A relaxed screening for young folk and their grown-ups. Tutting forbidden, laughing encouraged!

Raised as an over-sized elf, a human travels from the North Pole to NYC to meet his biological father who doesn't know he exists and is in desperate need of some Christmas spirit.

19 Sun Film: It's a Wonderful Life (PG)

| 3:30 pm | £8 | 2h 10min: 1946

Join us at the CatStrand for a mince pie, some mulled wine and a Christmas classic. Life is too busy - take some time out!

An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.



EVENTS

DECEMBER

22 Wed Galloway Glens Landscape Partnership presents
Robins: A Galloway Glens Christmas Card
| 7:00pm | Catstrand, New Galloway, or online
| Free: Booking essential



Robins, Dickens and a few Vikings thrown in for good measure!

It is a warmer winter than those gone before. A Christmas climate crisis, that's for sure. Yet, Ebenezer Scrooge grows his plastics empire - adding yet more fuel to that fire.

The Robin has adorned our Christmas scenes, as a saint amongst birds. But let's un-pick that, from Viking Folklore to Victorian tradition - how did the bird get away with it, and will we?! Featuring the Galloway Glens staff - and some returning faces!

Staged by GGLP. Book directly from www.gallowayglens.org/events

JANUARY

12 Wed **Film: Yesterday (12)**
| 7:30pm | Dalry Town Hall | £5 | 1 hour 52 mins : 2019

A failed and generally awful songwriter wakes up in an alternative reality where he is the only one who can remember the Beatles and their catalogue. So why not pass them off as his own and make the climb to fame and fortune? Just so long as he can remember the lyrics of course... A darkly funny film from Danny Boyle and Richard Curtis.



Ken Words: Writers' Café

| 7:00 - 9:00pm | Free: No booking required

Thu 13 Jan CatStrand, New Galloway

Thu 27 Jan Wee Bar, The Selkirk Arms, Kirkcudbright

See page 7 listing for details.

20 Thu

Ken Words: Winter Word Ceilidh

| 7:00–9:00pm | Ken Bridge Hotel, New Galloway
| Free: No booking required

Open to anyone who's been along to a Writers' Café.

This session provides an opportunity to explore reading your work aloud, as part of your writing process or towards performance of some kind.

The idea is that feedback will focus on delivery, keeping discussion of writing and content for the Writers' Café.

All forms of writing are welcome but pieces need to be relatively short so extracts from longer works should be selected beforehand.

The evening is hosted by Jane McBeth (Project Co-ordinator).
Please contact her at jane.kenwords@gmail.com if you have any queries.



28 Fri — Mairi Campbell: Auld Lang Syne

| 7:30pm | CatStrand, New Galloway
| £14 / £4 under 26 / £10.50 Active Travel Discount



An evening with Mairi Campbell featuring an acoustic song set followed by Auld Lang Syne, her critically acclaimed music theatre show.

Auld Lang Syne' explores the meaning of one of the world's most performed songs through the lens of Mairi's rich experience. In a performance delivered with her trademark wit, gentle charm and unparalleled musical ability. With live music, animation and a singalong, this funny and heartfelt show resonates with wider universal truths.

Mairi follows her successful solo theatre show Pulse, by taking audiences on a new adventure, including singing for US President Bill Clinton, a starring role in Sex and the City and a reinterpretation of the Robert Burns classic that changed her life.

29 Sat — The Fullarton Theatre Bus
The Met Opera Live: Rigoletto

| Bus leaves 4:45pm | £4 | Advance booking required

All aboard the theatre bus as we join the Fullarton's theatre screenings. Bus leaves Carsphairn (shop) 4:45pm, Dalry (Bank Bus Stop) 5:00pm, New Galloway (opposite CatStrand) 5:10pm, Balmaclellan (Community shop) 5:20pm, Parton (Bus Stop) 5:35pm, Crossmichael (Shop) 17:40pm.

Tickets cover the bus journey only. Tickets for the show must be booked directly from The Fullarton Theatre. 01556 504506 www.thefullarton.co.uk



The Met Opera Live: Rigoletto

Bartlett Sher's bold new take on Verdi's timeless tragedy. The Tony Award–winning director resets the opera's action in 1920s Europe, with Art Deco sets by Michael Yeargan and elegant costumes by Catherine Zuber, themselves boasting a combined 11 Tony Awards.

04 Fri — CatStrand Burns Supper

| 7:30pm | CatStrand, New Galloway | £16



Join us for CatStrand's celebrated Burns Supper with all the traditional speeches from distinguished guests, a 3-course supper, music, poetry and lots of laughs.

Music from Ollie Rigg & Michael Muir.



12 Sat — The Paul McKenna Band

| 7:30pm | CatStrand, New Galloway | £14 / £4 under 26 / £10.50 Active Travel Discount

"The best folk band to have come out of Scotland in the last twenty years" - New York Times

"The best band of their generation" - The Living Tradition

"A band with the potential to dominate the Scottish/Irish traditional scene for the next twenty years" - Fatea Magazine

Scotland's Paul McKenna has long been ranked among our finest younger singers and songwriters. His powerful yet intensely emotive voice and passionate social conscience, often expressed through his songs, is a combination that's brought frequent comparisons to the great Dick Gaughan.

He and his band – comprising Robbie Greig (fiddle), Conal McDonagh (pipes/whistles), Conor Markey (banjo/bouzouki/guitars) and Ewan Baird (percussion) – draw on both Scottish and Irish roots, in a dynamic, full-bodied array of original and traditional material, along with songs by like-minded authors.

13 Sun — The Clachan Folk Session

| 5pm | The Clachan Inn, Dalry
| Free: Unticketed



Bring your instruments or singing voice for a folk session led by Ollie Rigg, Michael Muir (Muckle Spree), and Lucy Smith. We recommend prompt arrival to get a seat. If room capacity is reached, drinks will be available in the bar while a one-in-one-out policy is in operation.

20 Sun — The Fullarton Theatre Bus
The Royal Ballet: Romeo and Juliet

| Bus leaves 6:00pm | £4 | Advance booking required



All aboard the theatre bus as we join the Fullarton's theatre screenings.

The bus leaves Carsphairn (shop) 6:00pm, Dalry (Bank Bus Stop) 6:15pm, New Galloway (opposite CatStrand) 6:25pm, Balmaclellan (shop) 6:35pm, Parton (Bus Stop) 6:50pm, Crossmichael (Shop) 6:55pm.

Tickets cover the bus journey only. Tickets for the show must be booked directly from The Fullarton Theatre. 01556 504506 www.thefullarton.co.uk

The Royal Ballet: Romeo and Juliet

Romeo and Juliet has become a great modern ballet classic of the world repertory. The nuanced and detailed choreography gives dancers in the lead roles a wealth of opportunity for differing interpretations of the doomed lovers.

10 Thu — Ken Words: Writers' Café

| 7:00 - 9:00pm | Catstrand, New Galloway
| Free: No booking required

See page 7 for listing details.

EVENTS

FEBRUARY

28 Mon The SOSE Engagement Tour

Engaging with and listening to people in the South of Scotland

| 6.45pm- 8.00pm | CatStrand, New Galloway

| Free: Book via www.sosenewgalloway.eventbrite.co.uk

Hosted by South of Scotland Enterprises's Chair, Professor Russel Griggs, OBE, and Chief Executive, Jane Morrison Ross. The event will provide an opportunity for SOSE senior leaders to update on how previous engagement has helped shape SOSE's initial focus, and to highlight some of the work and the difference their support has made to businesses, social enterprises, community and other organisations in your area.

SOSE will be sharing and inviting your views on future plans and the role you require of them. SOSE is committed to engaging with and listening to people in the South of Scotland.

MARCH

03 Thu Rapture Bites

The Guys by Anne Nelson

| 12:45pm | CatStrand | £12 / £4 under 26 / £9 Active Travel Discount



Classic lunchtime theatre is back! Rapture Theatre returns with Rapture Bites.

Join us for a bite to eat in the auditorium at 12:45pm in time for a 1:15pm show. You are welcome to stay for a post show discussion.

What happens when words are not enough? How can you find strength in the face of overwhelming disaster? The Guys is the touching story of a Fire Chief who lost eight of his men in the 9/11 terror attacks in New York, and the relationship he forms with a writer who helps him compose their eulogies. A devastatingly powerful play with an important message of hope for our times. "An unforgettable night at the theatre" - CultureVulture

Doors open to the auditorium at 12:40pm. To help us manage venue capacities and the flow of people through the building, please do not arrive for the show prior to this time.



07 Mon

Moishe's Bagel - Acoustic

| 7:30pm | CatStrand
| £14 / £4 under 26 / £10.50 Active Travel Discount

"This fearless 5-piece emphatically puts the 'class' into 'unclassifiable"
- The Scotsman

'True originals"
- The Guardian

Thrillingly original cutting-edge klezmer and world folk music from some of Scotland's finest musicians. An intoxicating, life-affirming mix of Eastern European dance music, Middle Eastern rhythms and virtuoso performances. Combining the energy and passion of world folk music with the excitement and soul of improvisation, the band will draw you in, turn you inside out, and leave you smiling uncontrollably – all in the space of one tune.

Moishe's Bagel began in 2003, the lucky accident of an Edinburgh-based Chilean tango singer and four like-minded musicians. A shared love of klezmer, jazz and latin music soon saw us onstage at Henry's Cellar Bar. Since then, the band has regularly toured the UK, Ireland, and the Czech Republic, notching up sell out gigs at the Sage Gateshead, St George's Bristol, Edinburgh Queens Hall and many, many more. Along the way, we have managed to record four CDs, earning us a Songlines Top of the World and Sunday Telegraph top 10 world albums.

EVENTS

MARCH

27 Sun Glenkens Story

Ken Bridge - historic reflections

| 2pm | CatStrand, New Galloway



Credit: Lizanne Henderson

As part of the celebrations marking the bicentenary of the Ken Bridge, the Glenkens Story history group will be contributing an afternoon of short talks on the bridge's history, its architect and builders, its place in oral history and folklore and the vital role of bridges, fords and ferries in Glenkens history.

Save the date, details to be confirmed.

JULY



08 Fri

The Unthanks

| CatStrand, New Galloway | 7:30pm | £18

"They've really got everything you could want from music. And I'm very fussy."

- Robert Wyatt

The Unthanks are a 'relentlessly eccentric' Northumbrian folk collective fronted by sisters Rachel and Becky Unthank.

Their warm and intimate live shows play with rich soaring harmonies, bringing oral histories to life. They have collaborated in the past with Damon Albarn, Orbital, Martin Hayes and Joan as Policewoman, and have been nominated for the Mercury Prize.

In spring 2020, we were getting ready for their sell out show. Customers who bought tickets are able to move their tickets to the new date. We are delighted to now be able to host them.

A small number of refunded tickets are available - enquire at the CatStrand for details.

EXHIBITIONS

Wed 01 Dec - Wed 22 Dec



Bill Wiseman

Bill Wiseman is a local artist and craftsman of many years' standing, whose work will be familiar to many residents of the Glenkens.

He has a particular liking for depicting the natural world, both flora and fauna. The landscapes in this exhibition are inspired by walks in the local woodlands, and travels to places as near as Mull and as far as Norway.

Bill's interests also include designing and building hurdy-gurdys, and running wood-carving classes at the Mens' Shed in Balmaclellan.

Thu 06 Jan - Mon 31 Jan

Donald Watson: Bird Studies

This exhibition of Donald Watson's paintings focusses on his ability to paint birds precisely. They were all painted in 1978. By then he was a well established bird artist, with the publication of 'The Oxford Book of Birds' in 1964 and 'Birds of Moor and Mountain' in 1972. In these works, and in the paintings on display, he demonstrated his ability to depict birds in their natural habitat and in association with other bird species of the same habitat, although they are not usually seen together. He also demonstrated his ability to translate the fine detail from his annotated black and white sketches in his field notebooks to the canvas - either painting in the open air or back in his studio.







EXHIBITIONS

Tue 01 Feb - Tue 01 Mar

Leeming & Paterson: Zero Footprints - 12 Years Later

Following their groundbreaking "Zero Footprint" project 12 years ago, Ted Leeming and Morag Paterson return to visually explore their home patch of 11 acres of natural regeneration and native woodland planting. The photos explore the habitats both 'inside' their boundary lines and 'outside' - which could change rapidly over the next decade due to new agricultural subsidies, forest expansion and the rush to buy carbon credits and secure natural capital.

The project combines traditional photography with some experimental and abstract photographic processes, rather than addressing the subject from a purely documentary point of view.



Youth Arts Programme



@catstrandyoutharts

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

Youth Volunteers

- CatStrand, New Galloway • Age 12+ • Free
- 5.30pm - 7.30pm • Fortnightly
- Mon 6th & 20th December
- Mon 10th & 24th January
- Mon 7th & 21st February

Decide what you'd like to see and do over the Winter and Spring, and help put it on too. From gaming to mountain biking to filmmaking, if it's got an artistic twist, we can make it happen! Free pizza - of course.

Art Explorers

- CatStrand, New Galloway • £2 • Fortnightly
- Age 5 - 8: 10am - 11am
- Age 8+: 11.15am - 12.30pm
- Sat 4th & 18th December
- Sat 15th & 29th January
- Sat 12th & 26th February

Each session will focus on a different theme, artist or material, giving you the chance to explore and create for yourself. All materials are provided – just bring yourself and be prepared to get creative!
Book online via www.gcat.scot

Margaret Morris Movement Dance Classes

Led by local dancer, choreographer and teacher Sara Lockwood.

Health Play

- Catstrand, New Galloway • Ages 3 - 7 • Free
- Mondays 3.45pm – 4.30pm

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

MMM Children's Grades and Youth Dance

- Catstrand, New Galloway • Ages 8 - 15 • Free
- Mondays 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.

Random Writers

- Dalry Library • Age 11+ • Free
- Fortnightly on Thursdays: 2nd & 16th of December
- 3.30pm - 5.30pm
- Contact Lucy Smith for details of New Year sessions on Lucy@catstrand.com

Random Writers is back! Come along on the 2nd December for tea, biscuits and chat about how you'd like the group to run and what you'd like to work on. Book online via www.gcat.scot, or email lucy@catstrand.com



CONNECTING IN COMMUNITIES
OPPORTUNITIES

Write On: Writing Group
| Various dates & timings

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 half hour 1-1 Sessions | Wed 10 - 12am

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 at the Smiddy in Balmaclellan. If you have issues with your phone, tablet or computer, or don't even know how to get started, then we're here to help, completely free of charge! To book your half hour 1-1 session, call Chris on 01644 420374 or email chris@catstrand.com

Men's Shed
| Mon / Wed / Fri 9.30am - 12.30pm
| Woodcarving Wed 2 - 4pm

Glenkens Men's Shed is back up and running behind the Smiddy in Balmaclellan DG7 3QE. The "Shed 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 Chris on 01644 420374 or email chris@catstrand.com for more details.

Community Volunteers

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

Sometimes a community group needs one-off help at a special event or project. Community volunteers would 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.... Whatever you'd like to offer.

If you're interested or would like to know more please contact Fiona on Fiona@catstrand.com or 01644 420374.

REGULAR PROGRAMME

Mondays

Margaret Morris Movement: Adult class

| 2.30pm (1 hr) | CatStrand | £5 | Just turn up

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."

To book and for more information email Sara.lockwood@sky.com

Mondays

JPFitness: Kettlebell Fitness Class

| 7pm (1 hr) | 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

Mondays

Tai Chi

| 2pm (1 hr) | Dalry Town Hall | £3 | Just drop in

These are self-led classes using DVD and online instruction. Tai Chi is a series of gentle exercises and stretches, many of which can be done seated, making it a great exercise for older adults and all abilities. No special clothing or equipment is need but soft-soled shoes and loose-fitting clothing are recommended. Tai Chi combines deep breathing and relaxation with flowing movements and is practised all around the world as a health promoting exercise. It helps reduce stress, improve posture, balance, general mobility and strength in the leg muscles. Sessions generally finish with an optional cup of tea and a chat.

WORKSHOPS & GATHERINGS

Tuesdays

Photography Group

| 11am (2 hrs) | 2nd & 4th Tuesdays | Various Locations | £3

Join the group under the expert tutelage of former professional photographer Ian Biggar for hints and tips, outings, exhibitions and discussions. Fine tune your digital photography skills - all abilities welcome. The group nominally meets at The Smiddy in Balmaclellan but often takes to the road in search of the perfect image. Always check before attending, to join, contact brian@catstrand.com

Tuesdays

Vinyasa Flow Yoga

| 5.45pm (1 hr) | 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 seamlessly from one to another, 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

Wednesdays

Zumba

| 6.30pm and 7.30pm (45 min) | New Galloway Town Hall
| Advanced Booking Required | £5

A great way to get fit and enjoy yourself with this Latin-inspired exercise class. Zumba is a fitness programme that combines Latin and international music with dance moves. It incorporates interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

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

Wednesdays

Tai Chi

| 2pm (1 hr) | The Smiddy Balmaclellan | £3

See Monday's session for details. Please note the Wednesday class is currently oversubscribed but places remain on the Monday sessions.

Thursdays

JPFitness: Core Fitness (Bums n Tums)

| 9.00am (30 min) | 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) | CatStrand | £5

Come along and relax in the company of yoga instructor Kath Ryan and then enjoy a cuppa in the CatStrand cafe. Suitable for all levels, 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

Thursdays

JPFitness: Circuit Training

| 6pm (1 hr) | Online via zoom | Pay What You Can

An equipment free, old school circuit class in the comfort of your own home! Forty-five minutes of pulse raising, fat burning fun and games. To book and for more information email jpfagan@hotmail.co.uk

Fridays

Zumba Gold

| 10.00am (1 hr) | Online and CatStrand | Pay What You Can



An alternative version of traditional Zumba but still a great way to get fit and enjoy yourself with this Latin inspired exercise to music class. Zumba Gold is a lower-intensity class that will still put a smile on your face! This is a hybrid class using Zoom and in-person training. The venue can change, so always check before attending. To book and for more information, email samantha.rushton@hotmail.com

Fridays

Yoga

| 5.30pm (1 hr 15 min) | New Galloway Town Hall | £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. Booking required. To join or for more details contact Kath on kathyr64@hotmail.com

Thursdays

JPFitness: Circuit Training

| 8am (1 hr) | 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 run weekly. Please contact the organiser directly or Chris Jowsey on chris@Catstrand.com or 01644 420 374 to pre-book or to confirm any break over the holiday period.

LOCAL SERVICES Galloway Community Transport

Services, December 2021 - February 2022

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

Booking: online www.gallowaycommunitytransport.org, by telephone 01644 420374 or in person at CatStrand, New Galloway

Glenkens to Castle Douglas (Tesco) Return Service

| 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

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 10 am

CatStrand, New Galloway

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

Let's Make This Season Bright

Everyone in the Glenkens welcome!

New Galloway, Saturday 4th December from 2pm

2:00 – 4:30pm - The Smithy Christmas Shopping

The Smithy shop will be open from 2 - 4:30pm with the addition of Craft stalls by local crafters including flowers, gifts, and cards – for browsing and Christmas shopping.

3.30 - 4.45 pm - LING Teas 'n' Tinsel

New Galloway Town Hall will be offering tea/coffee and tasty Christmas treats - tickets available from New Galloway community shop from Monday 15th November. (Free but pre-booking essential).

4:30 – 4:50 – The Smithy Carols & Hot Chocolate

Christmas carols around our Christmas tree with hot chocolate. Outside event so wrap up warm!

5pm – Lights Switch On

Follow piper Ian Wemyss for a walk down the High Street from the Golf Course to see all the Christmas Lights. CatStrand Singers performing outside CatStrand.

5:20 – 7pm – CatStrand - Mulled Wine & Shortbread

Enjoy some delicious homemade shortbread and mulled wine, browse our gift shop, and listen to some music performed by Adam Blake. Free but pre-booking essential via https://gcat.scot/events/ or 01644 420374

5:20 – 6:15pm – New Galloway Park - Santa's Grotto

Come along and meet Santa in his Grotto! All ages of Glenkens children welcome. Santa may just have a wee surprise! (Please note due to covid precautions Santa will need to keep his distance). Booking essential via https://gcat.scot/events/

Open Late till 7pm – New Galloway Community Shop

Looking to start your Christmas Shopping? We've got a fantastic selection of gifts perfect for your loved ones!

- Supported by NGCE, GCAT & LING -

New Galloway Residents – please could we have lights on by Saturday, 4th December before 5pm. If you need help putting lights up or need lights please get in touch with Hayley Edgar.

Email: hayleycew@newgallowaycommunity.shop
Tel: 07741656601
Follow us on facebook - @CommEngageNGK

DIRECTORY
EVENTS

NOVEMBER

DATE	EVENT	PAGE
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27 Nov	Gazing	P5
27 Nov	The Vinyl Countdown	P5

DECEMBER

03 Dec	The Sugar Revue Burlesque and Cabaret Show	P6
08 Dec	Film: Little Women	P7
09 Dec, 13 Jan, 27 Jan & 10 Feb	Ken Words: Writers' Cafés	P7
10, 11, 12 Dec	CatStrand Youth Players - Pantomime Old Mother Hubbard by Paul Reakes	P8
12 Dec	Winter Voices— a poetry walk over hill and holm	P9
12 Dec	The Clachan Folk Session	P10
18 Dec	A Christmas Carol	P10
19 Dec	CatStrand Kids Cinema presents ELF (PG)	P11
19 Dec	Film: It's a Wonderful Life (PG)	P11
22 Dec	Galloway Glens Landscape Partnership presents Robins: A Galloway Glens Christmas Card	P12

JANUARY

12 Jan	Film: Yesterday (12)	P12
13 Jan	Ken Words: Writers' Café	P13
20 Jan	Ken Words: Winter Word Ceilidh	P13
28 Jan	Mairi Campbell: Auld Lang Syne	P14
29 Jan	The Fullarton Theatre Bus The Met Opera Live: Rigoletto	P14

DIRECTORY

EVENTS

FEBRUARY

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12 Feb	The Paul McKenna Band	P15
13 Feb	The Clachan Folk Session	P16
20 Feb	The Fullarton Theatre Bus The Royal Ballet: Romeo and Juliet	P16
10 Feb	Ken Words: Writers' Café	P16
28 Feb	The SOSE Engagement Tour	P17

MARCH

03 Mar	Rapture Bites The Guys by Anne Nelson	P17
07 Mar	Moishe's Bagel - Acoustic	P18
27 Mar	Glenkens Story Ken Bridge - historic reflections	P19

JULY

08 Jul	The Unthanks	P19

EXHIBITIONS

01 Dec - 22 Dec	Bill Wiseman	P20
06 Jan - 31 Jan	Donald Watson: Bird Studies	P20
01 Feb - 01 Mar	Leeming & Paterson: Zero Footprints - 12 Years Later	P21

DIRECTORY
YOUTH ARTS

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WORKSHOPS & GATHERINGS

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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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