



# Aberfeldy Aspiring to be Scotlands Healthiest Town

[Healthiest Town Website](#)

*Aberfeldy Making Wellbeing Our Priority*

## **Our Vision and Story**

### **The Vision**

Simply put that the people of Aberfeldy live better for longer.

### **Our Story**

Inspired by stories from the world's longest lived cultures or 'blue zones', we wanted to garner knowledge and lessons learn to benefit our community. Working and living in the community we have noticed the changes people face finding the elixir of good health, often made more challenging through the murky lense of incomplete science.

You do well, but we all need a helping hand sometimes. And so here we strive to provide evidence based solutions in our joint strive for better living.

## Movement / Physical Wellness



### Sports Clubs, activities & Classes to keep you moving

#### Yoga

- *Tina Logan Yoga* local group classes, 1-1, and online : contact Tina on 07812174514 [www.fernbankhouse.co.uk/yoga/](http://www.fernbankhouse.co.uk/yoga/)
- *Fi Lumsden Yoga*. Teaching 1-1's or regular classes (in person or on Zoom, depending on current guidelines.) Contact Fi Lumsden at [filumsdenyoga@gmail.com](mailto:filumsdenyoga@gmail.com)
- *Emma Burtill Yoga*
- *Eric Yoga*

#### Fishing.

- *Edward Steele-Wilson* [wildtrout@uwclub.net](mailto:wildtrout@uwclub.net) | 07879 213462

#### Walking

- *Nordic Walking*. Based in Blair Atholl, including walks all over Highland Perthshire. [www.facebook.com/nordicwalkinghighlandperthshire](http://www.facebook.com/nordicwalkinghighlandperthshire)

- *Outside Exercise* Working in partnership with Emma Burtles and Lucy Davidson Live Active, with outside meaningful exercise and activities. Third Year ScotGEM medical student based at Aberfeldy Health Centre.
- *Strathtay Ramblers*. Fortnightly walks exploring Highland Perthshire and (in normal times) further afield. Contact: [bill\\_1\\_bruce@btinternet.com](mailto:bill_1_bruce@btinternet.com)
- *Stride for Life*. Live Active, Breadalbane Community Campus. [liveactive.co.uk](http://liveactive.co.uk). Contact: 01887 822400
- *Supported Strolls and Connected Canoes*. Short local journeys for those who would benefit from time outside, gentle exercise, and company. Contact Elizabeth Wallis at [ewallis1@live.co.uk](mailto:ewallis1@live.co.uk) [07738102000](tel:07738102000)
- *Upper Tay Path Group*. Volunteers maintaining our area's core paths. Equipment provided. Anyone welcome who enjoys a friendly day in the countryside and can wield a pair of shears. Email [walkaberfeldy@outlook.com](mailto:walkaberfeldy@outlook.com)
- *Aberfeldy, Pitlochry and Kinloch Rannoch walks*. There will be a second walk on a Tuesday in partnership with upper tay transport group and Live active. For more information and inhouse walk leader training please contact Lucy. [lucy davidson@liveactive.co.uk](mailto:lucy davidson@liveactive.co.uk)

### **Racket Sports**

- *Squash Club*. No squash currently, but when things return to normal: Junior class, Mon 4-6pm. Girls only class, Fri 3:30-5pm. Aberfeldy Junior Squash Club, Thurs 3:30-6pm, for juniors who love squash. Membership: £30.00/yr. Adult squash: Wed 7-9pm.
- *Tennis Club* Victoria Park Aberfeldy [01887820592](tel:01887820592)
- *Tennis Club*. Courts can be booked at [www.clubspark.lta.org.uk](http://www.clubspark.lta.org.uk). To play regularly, club membership costs a modest annual subscription. Contact Jenny Cooper at [01887820592](tel:01887820592) or [07763937837](tel:07763937837)

### **Golf**

*Aberfeldy Golf Club*. Facilities are open, but course can be played and fees paid to an honesty box. Memberships for 2021 are available. [aberfeldygolfclub@btconnect.com](mailto:aberfeldygolfclub@btconnect.com). Club Taybridge Rd, Aberfeldy PH15 2BH [01887820535](tel:01887820535)

*Putting Green*. Contact [aberfeldyputtinggreen@gmail.com](mailto:aberfeldyputtinggreen@gmail.com)

*Strathtay Golf Club*. Open all year except when there is frost on the greens. No need to book. Contact Jim Wilson [01887840493](tel:01887840493)

*Taymouth Castle Golf Club*. Playing at Kenmore, Mains of Taymouth course. Weekly coaching and on course play. Contact Susie Lumsden, at [susanna.lumsden@btinternet.com](mailto:susanna.lumsden@btinternet.com) [01887829118](tel:01887829118)

## **Cricket**

Breadalbane *Cricket Club*. Based at Victoria Park, Aberfeldy. Trains on Tue and Thurs eve, from April-Sep. All welcome- regardless of age/ experience. Summer matches played on Sat, with occasional Sun/midweek eve fixtures <https://www.facebook.com/BreadalbaneCricketAberfeldy>

## **Cycling**

*Upper Tay Transport Group*. Contact Emma Burtles at [eileen@uppertaytransport.org](mailto:eileen@uppertaytransport.org)

*Saturday Morning Ride from Gen Lyon Coffee*

## **Bowling**

Aberfeldy *Bowling Club* Taybridge Crescent [01887820172](tel:01887820172)

## **Football**

*Breadalbane Amateur Football Club*. Contact Gordon Leighton at [BFCsecretary1@gmail.com](mailto:BFCsecretary1@gmail.com)

*Womans Football*. Amateur group, 7pm Wed, usually in the campus grounds in Aberfeldy. All ages and skills, 18+. Contact Jane Carmichael at [jancolc@yahoo.co.uk](mailto:jancolc@yahoo.co.uk) , [07821729905](tel:07821729905)

Breadalbane and Strathtay Youth Football Club. Promoting & developing youth football. Sat 9.30-10.30am, players born 2010-2014, Astroturf, BCC; Tue 6-7pm, players born 2006-2008, Pitlochry Rec; Fri 5-6.30pm, players born 2008-9, Astroturf BCC. Contact: [Bsycfc2014@gmail.com](mailto:Bsycfc2014@gmail.com) [07968 581172](tel:07968581172)

## **Rugby**

*Aberfeldy Rugby Club*. Offering playing and training opportunities for all. Training sessions held at Wades Park. Regular updates on our Facebook page. Everyone is welcome to attend whether you want to play or simply to keep fit. If you would like any further information, please contact us at [info@aberfeldyRFC.co.uk](mailto:info@aberfeldyRFC.co.uk)

Aberfeldy Rugby Club Offering playing and training opportunities for all. Training sessions held at Wades Park

Senior Women Wednesdays 19.00 Senior

Men Thursdays 18.30

Juniors train on Sundays with timings as follows Primary 1,2 and 3. 10.00 Primary 4,5,6 and 7 11.00 Secondary 1 and 2 12.00 Secondary 3 and 4 13.00 Under 18 14.00

Everyone is welcome to attend whether you want to play or simply to keep fit. If you would like any further information, please contact us on [info@aberfeldyRFC.co.uk](mailto:info@aberfeldyRFC.co.uk)

## **Swimming**

*Wild Swimming*

*Sharks Swim School*. Swimming teaching for children and young people, at Breadalbane Community Campus. Contact Anita, [07977008783](tel:07977008783)

## **Watersports**

- *Breadalbane Canoe Club - Slalom*. Contact Sam Miles at [slalom@breadalbanecanoecub.org.uk](mailto:slalom@breadalbanecanoecub.org.uk) [07732604637](tel:07732604637)
- *Loch Tay Skiff Club*. Contact Linda Cracknell [Lcracknell0@gmail.com](mailto:Lcracknell0@gmail.com)
- *Supported Strolls and Connected Canoes*. Short local journeys for those who would benefit from time outside, gentle exercise, and company. Contact Elizabeth Wallis at [ewallis1@live.co.uk](mailto:ewallis1@live.co.uk), [07738102000](tel:07738102000)
- Loch Tummel Sailing Club

## **Archery**

*Rannoch Archery*

*Live Active Archery*

## **Dance**

*EAL Dance Classes* Monday evening Town hall: pre school 330pm lower primary 430, upper primary 530, secondary and squad 630pm

*Scottish Country Dancing*. Hope to be allowed to meet again in late Summer early Autumn. Beginners welcome Contact Betty Kinnear, [01887820124](tel:01887820124)

*Zumba*. Contact Michella Samy at [msfitnesslifestyle@gmail.com](mailto:msfitnesslifestyle@gmail.com), [07977222271](tel:07977222271)

## **Other**

- *Live Active wellbeing Community Coordinator*. Parkinson specific exercise and fitness support 12 week pilot. 28 clients, two classes Aberfeldy and Pitlochry. Self referral, If complex can have one-to-one sessions.
- *Aberfeldy, Pitlochry and Kinloch Rannoch walks*. There will be a second walk on a Tuesday in partnership with upper tay transport group and Live active. For more information and inhouse walk leader training please contact Lucy. [lucy davidson@liveactive.co.uk](mailto:lucy davidson@liveactive.co.uk)
- *Aberfeldy Scouts*. All sections are running. Beavers (6-8yrs old), outdoor and online meetings; Cubs (8-10yrs old), outdoor meetings and weekend activities; Scouts (10-14 yrs old), outdoor activities and weekend events. Contact Alison Maciver at [aberfeldyscouts@gmail.com](mailto:aberfeldyscouts@gmail.com)



## Environmental



**Warm Connections** The Energy Advice project .

Energy advice project is under the Parish Church. Energy advice, low cost/no cost energy change.

Anna and Husband Tom are setting up a small home energy advice project based from Aberfeldy Parish Church

Sending out survey to ward 9. For more info contact Anna. [a.gordon48@live.co.uk](mailto:a.gordon48@live.co.uk)

### **Green Space Ranger**

All community group work suspended until further notice . People are still litter collecting independently when out walking.

Picking packs including PPE can b e obtained by contacting

**Biodynamic Garden** in Camserney. Wildlife-friendly gardening, vegetables, herbs and flowers. Volunteers and visitors welcome. Seasonal organic vegetable box for the community of Aberfeldy and Pitlochry. Contact: [biodynamicgarden@gmail.com](mailto:biodynamicgarden@gmail.com)

## Food and Eating Better



**Feldyroo:** Contact and meal support aim to wind down towards 25th April. Moving forward, Feldyroo aim to continue supporting individuals, by encouraging them to come along to organised social gatherings for food and entertainment.

[gavinprice90@hotmail.com](mailto:gavinprice90@hotmail.com)

### **Food larder**

Anna good at distributing of 4 for a £1. Bigger items of breakfast cereal etc would be appreciated.

For Emergency Boxes call breadalbanecommunitylarder@btinternet.com Tel. 07513 652597 between 9-5 Monday to Friday.

A Gazebo has be installed in the Back Church car park. Open Saturdays 11.00-12.30 Food share and Larder. But 4 Items for £1.

### **CAP**

Available appointments. Please share with info attached.

For more details about CAP & Food larder contact [angelahanvey@capuk.org](mailto:angelahanvey@capuk.org)

## Community & Voluntary Volunteers



### **Tay Valley Timebank**

Timebank volunteer needed. You don't need to be a member to get help. You would like to help with household , duties , shopping support and gardening then get in touch and become a member.

Timebank Weekly drop-in and chat, virtual meetings. We can support with anything from Duck feeding to litter picking.

For more info on how to get involved or need support contact  
[tayvalleytimebank@gmail.com](mailto:tayvalleytimebank@gmail.com) or [gconisbee@outlook.com](mailto:gconisbee@outlook.com)

### **Helping hands**

Eileen is also Co-ordinator for Upper Tay Transport. Council drivers suspended. Hospital cars transport, now coordinated by Upper Tay Valley Transport group. Transport group supports vaccination appointment transport to Aberfeldy Surgery for Fearnan, Grandtully & Strathtay every Saturday 10am to 1pm

Working together with Timebank on Prescription delivery. For more info about transport support email Eileen on [uttgcoordinator@gmail.com](mailto:uttgcoordinator@gmail.com)

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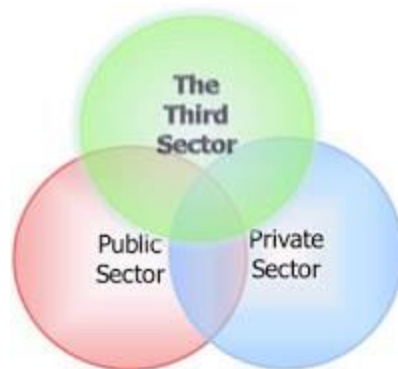


Timebank Weekly drop-in and chat, virtual meetings. We can support with anything from Duck feeding to litter picking.

For more info on how to get involved or need support contact  
[tayvalleytimebank@gmail.com](mailto:tayvalleytimebank@gmail.com) [gconisbee@outlook.com](mailto:gconisbee@outlook.com)

**Aberfeldy Community First Responders.** To volunteer or support your local First Responders, contact Judy Ewer at [info@acfrg.net](mailto:info@acfrg.net)

## Support & Help Lines



### **Respiratory** (Asthma COPD etc)

Long Term Lung / Respiratory conditions support [www.mylungsmylife.org](http://www.mylungsmylife.org)

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

My COPD Solution [www.health.org.uk](http://www.health.org.uk)

Living with COPD [www.nhsinform.scot](http://www.nhsinform.scot)

Alzheimers Scotland [web page](#) [HelpLine](#)

### **Drug & Alcohol**

Alcoholics Anonymous [Website](#) [Helpline](#)

Narcotics Anonymous [Website](#) [HelpLine](#)

Know The Score (Drugs & Alcohol) [Website](#) [Helpline](#)

Scottish Families Affected by Alcohol and Drugs [website](#) [Helpline](#)

### **Gambling**

Gamblers Anonymous Scotland [website](#) [Helpline](#)

### **Abuse & Victim Support**

Scottish Families Affected by Alcohol and Drugs [website](#) [Helpline](#)

Victim Support Line [website](#) [helpline](#)

Scotland Domestic Abuse and Forced Marriage Helpline [08000271234](#) [Website](#)

Refuge (Domestic Abuse Helpline) [08082000247](#) [24/7 Helpline](#) [Refuge Against Domestic Violence - Help for women & children.](#)

### **LGBT**

LGBT Helpline Scotland [Website](#) [0300 123 2523](#)

### **Other**

- Marie Curie. Practical information and emotional support for anyone affected by terminal illness, including family and friends. For info, call 0800 090 2309 (8am-6pm Mon-Fri, 11am-5pm Sat) [www.mariecurie.org.uk](http://www.mariecurie.org.uk)
- Macmillan Cancer Support. Offering emotional, physical & financial support for those diagnosed with cancer. For info, contact Liz Stewart, 07866 556360. [www.macmillan.org.uk](http://www.macmillan.org.uk)
- Lead Scotland. A remote befriending service aimed at reducing social isolation for disabled adults and carers For info, call 07775 851507, or email [awelch@lead.org.uk](mailto:awelch@lead.org.uk). [www.lead.org.uk](http://www.lead.org.uk)
- The Lighthouse. 0800 121 4820. (Tue-Wed 10am-4pm, Fri-Sat 8am-2pm) Providing confidential and support for anyone feeling suicidal, self-harming or any other kind of emotional distress [www.lighthouseforperth.org](http://www.lighthouseforperth.org)
- Alzheimer Scotland Contact Fiona Matthews on 07925596232 or [fmatthews@alzscot.org](mailto:fmatthews@alzscot.org)
- Aberfeldy Alcoholics Anonymous AA meet every Wednesday night (7 – 9pm) in Aberfeldy Parish Church. Contact - Pat Hogg – 01887 820936
- Age Scotland. Helpline: 0800 12 44 222 (9am-5pm Mon-Fri). Free, confidential service for older people, their carers and families. Information, friendship and advice. [www.ageuk.org.uk/scotland](http://www.ageuk.org.uk/scotland)
- Abused Men in Scotland. Helpline: 0808 800 0024 (9am-4pm Mon-Fri). National organisation supporting men who are/have experienced domestic abuse. [www.abusedmeninscotland.org](http://www.abusedmeninscotland.org)
- Drug and Alcohol, Blood Borne Virus, Homeless & Carer Support Team: PKC. Provides support to people using drugs and/or alcohol, people with a BBV. call 07920 070845 or 07920 070797.
- Cruse Bereavement Care Scotland. 0845 600 227. Supporting those experiencing bereavement through a range of services for all ages. [www.crusescotland.org.uk/](http://www.crusescotland.org.uk/)

- Christians Against Poverty (CAP) Debt Centre at Aberfeldy Parish Church Providing free help to local people facing debt due to the pandemic and other life-changing circumstances. For info, call 0800 328 0006. [www.capuk.org](http://www.capuk.org)
- Counselling and Psychotherapy: 07342 269227 A free service by Dr. Angus Cameron for all ages in the Upper Tay and Kinloch Rannoch communities. [atcameron1314@icloud.com](mailto:atcameron1314@icloud.com)
- Childline. 0800 1111 (7.30am-3.30am Mon-Sun)

## Medical



**NHS 24 dial 111** from any Telephone [111](tel:111)

NHS 111 Covid Specific Line [0800224488](tel:0800224488)

NHS Inform <https://www.nhsinform.scot/>

Pharmacy First - Aberfeldy - Davidsons Chemist [01887820324](tel:01887820324)

Aberfeldy Opticians 11 Bank Street PH152BB [01887829756](tel:01887829756)

Emergency Dentistry

Midwife

Pitlochry Community Hospital & Minor Injuries [01796472052](tel:01796472052)

Perth Royal Infirmary Switchboard [01738623311](tel:01738623311)

Ninewells Hospital Switchboard [01382660111](tel:01382660111)

Aberfeldy & Kinloch Rannoch Medical Practice; Taybridge road PH152BH [01887820366](tel:01887820366)

Scottish Ambulance service 999, (911, or 112 will also work) [999](tel:999)

**NHS Stop Smoking** [www.nhsinform.scot/healthy-living/stopping-smoking](http://www.nhsinform.scot/healthy-living/stopping-smoking)

## Emotional Mental



**North Perthshire recovery cafe** over social media and interactive meetings over zoom three times a week. [Audra.Webster@nhs.scot](mailto:Audra.Webster@nhs.scot)

Every Mind Matters <https://www.nhs.uk/every-mind-matters/>

Breathing Space [www.breathingspace.scot](http://www.breathingspace.scot)      [Breathing Space Helpline](#)

Samaritans [Helpline 24/7](#)      [website](#)



## Financial Wellness



## Intellectual



## Occupational



- **Breadalbane Pathways**
- with Moira and Callum looking at Rural skills to support young people and employers in the area. Hope to get employers to support young people.
- Business Improvement Officer / Project Manager Carers Project PKC
- Carers everywhere have suffered as a result of the restrictions brought in as a result of Covid and it gives us a great challenge to reinvigorate support in local groups as these restrictions are relaxed over the coming months. We can provide better support to Carers in the North locality. [abgallacher@pkc.gov.uk](mailto:abgallacher@pkc.gov.uk)

## Social, Hobby, & Crafts Groups



- Birks [www.birkscinema.co.uk](http://www.birkscinema.co.uk) email [birkscommunity@gmail.com](mailto:birkscommunity@gmail.com)
- *Hipshire*: Historically capacity building meetings over a couple of decades. Action Plan over the disciplines. From about 2018 mainly organisations and community groups came together to share information. During covid this has been put on hold. With the introduction of the Stronger Communities group and team this would be an ideal opportunity for this to continue with the local information and support already collated.
- *Aberfeldy Play Cafe*. Make friends, chat over a coffee, and bring toddlers to our play area. If you need to offload, people will listen and pray for you. Also an informal Bible exploration. Currently closed. if you want someone to pray for you, contact Isabelle at [isabellemacdonald@icloud.com](mailto:isabellemacdonald@icloud.com)
- *Child-friendly Perthshire*. Community discussing the best places to take children across Perthshire. [www.facebook.com/ChildFriendlyPerthshire](https://www.facebook.com/ChildFriendlyPerthshire)
- *Aberfeldy Community Choir*. The friendly choir for everyone. If you want to sing, turn up and join in. No audition. Contact President at [lee\\_aberfeldy@yahoo.co.uk](mailto:lee_aberfeldy@yahoo.co.uk)
- *Aberfeldy in Flower*. Contact Jim Adams at [jajiadams@aol.com](mailto:jajiadams@aol.com)
- Aberfeldy Parish Church Food and Friendship Lunches. Usually meets in the church on the third Thursday of the month 12-1.30pm. Join us for soup, fresh bread, homemade cakes, and cuppa- and plenty of blethering. Contact Judy Ewer at [judy.ewer@adwglis.org.uk](mailto:judy.ewer@adwglis.org.uk)
- Aberfeldy Probus Club. Open to retired professional and business people, meets twice monthly on Wed, once for informal coffee and chat, once for lunch and speaker. Contact Elaine Melrose at [elainebmelrose@btinternet.com](mailto:elainebmelrose@btinternet.com) , [01887830682](tel:01887830682)

- *Aberfeldy Quilting Group*. We have not able to meet due to current restrictions, but that has not stopped quilting! We are welcoming new members whatever your ability. Contact Jane, [07771641390](tel:07771641390) - or Annette, [07736384035](tel:07736384035).
- *Breadalbane Heritage Society*. A series of interesting excursions has been provisionally planned for this year, starting in June, along with the popular annual Summer Party at the Scottish Crannog Centre in July, but due to Covid19 and lockdown restrictions it is still not certain whether these can go ahead. Information about these can be found on the Society's website: <https://breadalbane-heritage.org.uk>
- Bridge Club. Contact Bill Bruce at [bill\\_1\\_bruce@btinternet.com](mailto:bill_1_bruce@btinternet.com)
- Camserney Circle. Meets third Thursday evenings monthly in Camserney Hall. Informal talks, demonstrations, chat and tea. Contact Liz Bruce at [elizabeth\\_1\\_bruce@btinternet.com](mailto:elizabeth_1_bruce@btinternet.com)
- Chit Chat Café. Meets monthly, 2-4pm second Mondays in the McDonald Room of Dull and Weem Parish Church. Craft and tea for all. Contact Liz Bruce at [elizabeth\\_1\\_bruce@btinternet.com](mailto:elizabeth_1_bruce@btinternet.com)
- Dull and Weem Church of Scotland Guild. Meets second Thursday monthly, fundraising to support UK and overseas projects through Christian Service in Faith. Meetings include worship, talk, tea and friendship. Groups also at Strathtay & Logierait and Kenmore & Glen Lyon. Contact Liz Bruce at [elizabeth\\_1\\_bruce@btinternet.com](mailto:elizabeth_1_bruce@btinternet.com)
- Grandtully, Logierait and Strathtay Coffee morning. Meets 10.30am Wednesdays in John Kyd Hall, beside Strathtay Church (when restrictions allow.)
- Grandtully, Logierait and Strathtay Quilting Group. Meets on the second and fourth Tuesday of the month at 7pm, John Kyd Hall by Strathtay Church. All ages and abilities. Contact Marie Macleod at [stytchandturn@btinternet.com](mailto:stytchandturn@btinternet.com), 01887 840 769
- Horizon Lunch Club. Providing lunches & the chance to chat for club members, Tuesdays in the Town Hall. Transport available. Contact Anne Duff at [annied1862@gmail.com](mailto:annied1862@gmail.com), 01887 820217
- Inner Wheel. Women's fund-raising group, affiliated to Rotary International. Meets on last Wednesday monthly. Contact Liz Bruce at [elizabeth\\_1\\_bruce@btinternet.com](mailto:elizabeth_1_bruce@btinternet.com)
- Men's Shed. See article on page 6 Contact: [breadalbanemensshed@gmail.com](mailto:breadalbanemensshed@gmail.com), Bill Muntus on 07773 389085, Phil Richards on 07496 758949
- Mid Atholl Strings and Things. Usually Meet 7.30-9.30pm Wed, Mid Atholl Hall, Ballinluig, mostly traditional Scottish music. All levels and instruments welcome. Occasional concerts. Contact Alison Thom on 07901 876 289, Sandra Batty on 07831 852 870
- Mid Atholl WI. Meets monthly, Tuesdays, alternately at Mid Atholl Hall in Ballinluig or Grandtully Village Hall. Contact Annora Fraser, 01796 482687
- Repair Café. For information, Contact [a.gordon48@live.co.uk](mailto:a.gordon48@live.co.uk)
- Rotary Club of Aberfeldy. Open to men and women, meeting weekly. A friendly club to help local and international good causes. Contact the President at [lee\\_aberfeldy@yahoo.co.uk](mailto:lee_aberfeldy@yahoo.co.uk)



- SWI (The Rural). Meets first Tuesday evening monthly in Camserney Hall. Traditional arts and crafts, demonstrations, talks, tea and chat. Contact: Liz Bruce at [elizabeth\\_1\\_bruce@btinternet.com](mailto:elizabeth_1_bruce@btinternet.com), Morag Kennedy 07809 609151
- Young Farmers. Do a bit of everything and anything! New members always welcome. Contact Jillian Kennedy at [aberfeldyanddistrictjac@gmail.com](mailto:aberfeldyanddistrictjac@gmail.com), 07833 459714

## Spiritual



### Aberfeldy and Surrounding Communities Healthy Connections

## Arts

### Singing & Spoken word

- Aberfeldy Drama Club. Contact David Roy at [dandjroy@btopenworld.com](mailto:dandjroy@btopenworld.com)
- *Corbenet Poetry Trail*
- *Aberfeldy Gaelic Choir*. Currently meeting via Zoom. No audition necessary so long as you can hold a tune. No experience of Gaelic necessary - full tuition is given. Contact John Duff [john.c.duff8@gmail.com](mailto:john.c.duff8@gmail.com)

### Music

- *Aberfeldy Community Choir*. The friendly choir for everyone. If you want to sing, turn up and join in. No audition. Contact President at [lee\\_aberfeldy@yahoo.co.uk](mailto:lee_aberfeldy@yahoo.co.uk)

- *Acoustic Music Group*. Currently closed. Pre-pandemic, Thursday music nights at the Birks Cinema were magic with local and global musicians sharing their talents to accompany others. Not sure how the future lies- but hopefully things will be back to normal soon.
- *Mid Atholl Strings and Things*. Usually Meet 7.30-9.30pm Wed, Mid Atholl Hall, Ballinluig, mostly traditional Scottish music. All levels and instruments welcome. Occasional concerts. Contact Alison Thom on 07901 876289, Sandra Batty on 07831852 870
- *Piano and Violin Tuition*. Violin and piano lessons, currently online. Contact Jane Parmenter at [jane.parmenter@gmail.com](mailto:jane.parmenter@gmail.com) , 07771641390
- *Ukulele Group*. Friendly small group lessons (ukulele) or one-to-one lessons in person or online (ukulele, guitar, violin, piano). Contact Susan and Edis Bowden at [Edis.bowden@gmail.com](mailto:Edis.bowden@gmail.com), 07715 549 398

## Art

## Other

- *Aberfeldy Museum Group*. Campaigns and works for the establishment of a museum in Aberfeldy, dedicated to preserving the town's history. Currently digitalising old 8mm film. Contact Mike at [insommeniac@googlemail.com](mailto:insommeniac@googlemail.com) , Or Tom at [pringlemob@btinternet.com](mailto:pringlemob@btinternet.com)
- *Additional Support Needs*. The ASN group in Aberfeldy are running an online zoom connect youth club on a Thursday night at 6 pm and when restrictions allow we will be running it in the Town Hall, Aberfeldy. Courtesy of grant from Griffin Wind Farm -SSE Contact details Jane Carmichael mobile - 07821 729905 [asnrgroup@breadalbaneparents.com](mailto:asnrgroup@breadalbaneparents.com)