



Dè tha dol aig an Urras?

WHAT'S NEW AT THE TRUST?

Photo Competition - Welcome to Tiree



A huge congratulations to Paul Dempsey who had the winning entry in our photo competition! 'S math a rinn thu!

We had a huge number of great entries, but Paul's was the runaway winner with our panel of staff and board members.

We'll be sending the image to CMAL, and the new sign will be included in the construction tender when it is published. We look forward to seeing the image at the top of the pier!

Business Units Opening



On the 8th May we were delighted to mark the occasion of the "official launch" of the now fully up and trading new business units in Crossapol. Visiting guests included Brendan O'Hara MP, Cllr Amanda Hampsey, major funders Highlands and Islands Enterprise and representatives of several Tìree community groups.

The ribbon was cut by Jacqui Bennett, former chair of trading subsidiary Tìree Community Enterprise Limited, on behalf of all the community governance volunteers involved in the multi-year project.

Members of the public joined us to tour the four businesses based at lonad lomairt Thiriodh - Machair Hair Salon, Screen Argyll, Jen Bardell Art Studio and Gallery, and Tìree Makery. The sun was shining, food, drink and cake enjoyed, and a great celebration of a successful com-munity project was had.

Thanks everyone for attending!

Photos kindly provided by Jack Lockhart.



Menopause Information Event

To mark International Women's Day, women of all ages came along to Tíree Community Development Trust's Menopause Information event on the 8th March.

This session was led by Emily Thomas (MA Hons English Language; PG Dip HR; PG Dip Coaching), a freelance coach and facilitator, who has a special interest in supporting and empowering women. Emily began by sharing her knowledge of the menopause, including a list of symptoms which can affect women from the perimenopausal stage right through to the postmenopausal stages of their personal journey.



She also shared how the menopause can affect relationships, the working lives and the health of women. Emily shared lived knowledge and offered practical advice, including a variety of publications and podcasts which provided useful information.

The session continued with a live Q & A with Dr Trish Davis, a Menopause Care Specialist, from Rebalance Your Life. Dr Trish is an expert in menopause care and manages complex hormonal and medical concerns. A wide variety of questions were asked, and everyone found Dr Trish's advice very insightful.



Also in attendance were other women from the community who brought their own unique skills and knowledge to the group, including Dr Lindsay and Dr Claire, our local GPs, Kat Clark from Sports Life Work, Carol Flett from Tiree Gym, Kirsty MacDonald, Janice Maguire, and Rachel Gwilym. They were all available for 1:1 advice throughout the afternoon, and brought a wide range of information and enthusiasm to their chosen fields.

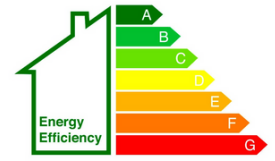


A 'Pamper Hamper' was won by one of our youngest attendees, and everyone received a goodie bag filled with information and wellness products on leaving. Thank you to the local businesses and individuals who donated goods for this.

Thanks must also go to everyone who attended - it was a fantastic opportunity for women of all ages to freely discuss issues relevant to them. Tiree Community Development Trust hopes to build on this by taking on board some of the feedback from the day, and incorporating it into our next event.

Funding for this event came from Argyll & Bute Community Mental Health and Wellbeing Fund, and for anyone who missed this session, but would like details on the information provided, please contact fiona@tireetrust.org.uk.

Tiree Energy Assessment Scheme (TEAS)




FREE EPCs are still available! Are you a Tiree resident who:


Would describe your home as poorly insulated?

Spends more than 10% of your income on energy bills? Do you then struggle to pay for other essentials?

If so, we want to hear from you! Thanks to support from Argyll & Bute Council's Supporting Communities Fund, we're offering free Energy Performance Certificates (EPCs) to 30 eligible residents.

Apply for a **FREE EPC** today!

 **Would you describe your home as poorly insulated?**

 **Do you spend more than 10% of your income on energy bills?**

Thanks to support from Argyll & Bute Council's Supporting Communities Fund, **we're offering free Energy Performance Certificates (EPCs) to 30 eligible residents.**

It will help us learn about the Tiree housing stock, and give you data you can use when you are looking at ways to improve your energy efficiency!

Tilley is turning again!

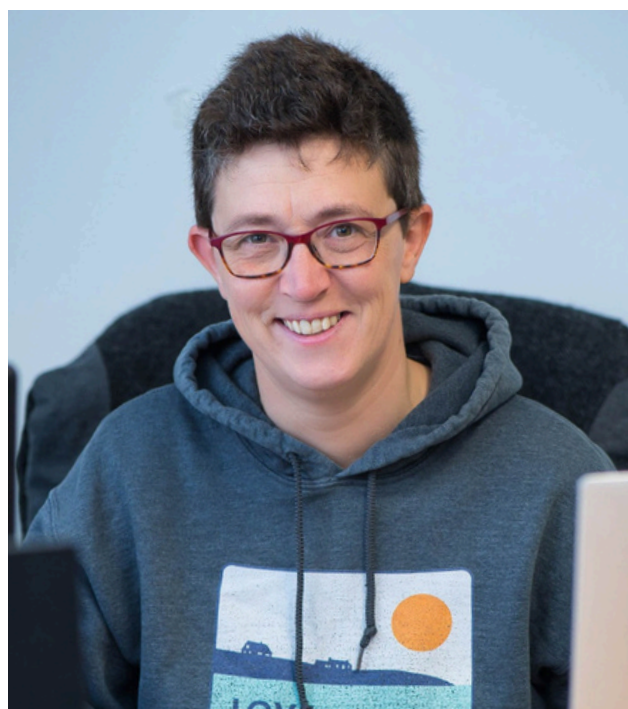
After a few months out of action for essential repairs, our community wind turbine is now back up and running at around two-thirds capacity. While she's not yet at full power, we're glad to see her generating again. Thanks to everyone for your continued support as we work to keep Tilley powering Tiree's future. Here's to windy days ahead!

The Windfall Fund remains paused for the time being. It will be regularly reviewed by our Board as we focus on delivering our core projects and rebuilding momentum following this extended period of downtime and the resulting loss of income.

Head of Gaelic and Communications

Tha sinn air leth toilichte innse dhuibh gu bheil Rhoda Meek air a cur an dreuchd mar Cheannard ùr air Conaltradh agus Gàidhlig!

We're delighted to let you know that Rhoda Meek has been appointed as our new Head of Communications and Gaelic.



This part-time staff role will support the growth of our Gaelic Development work, while also helping the Trust and its subsidiaries communicate more effectively – not only within our team and local community, but also with visitors, funders, and other key partners.