Raasay nurse posts are now advertised

BY DELLA CHERISHIRE & REBECCA MACKAY

NHS Highland is now advertising senior community staff nurse positions totalling 52.75 hours a week, primarily on Raasay, with a fixed-term contract of two years.

Having accepted the majority of changes to the nurse job pack proposed by Raasay Community Council and the ad hoc nurse working group at a meeting with RCC on November 17, the jobs were posted on the NHS Scotland Recruitment website on November 26.

Retired nurse Margaret Ferguson said: “I am delighted with the outcome and progress made.”

The posts mark an about-turn for NHS Highland, as Kate Earnshaw, NHS Highland district manager for Skye, Lochaber and Western Ross, told residents on September 28 that there would not be a resident nurse on Raasay 24/7 in the future.

Michael Milne, a former health care manager, said: “It is important I acknowledge Raasay Community Council’s achievements: proposals from NHS Highland managers earlier in the year advocated community self-reliance on Raasay.

“An encouraged RCC postulated the idea of an ad hoc working group, thus enabling a best understanding of a revised nurse role contribution to the Raasay peoples.

“Collaboration and dialogue with NHS Highland is indicating, in the absence of a general practitioner presence, significant advancement of current issues.”

Since RCC went into abeyance at midnight on November 17, an informal group of Raasay residents with a Terms of Reference will continue as a new ad hoc nurse working group.

The advertisement for the nurse positions can be viewed at https://jobs.scot.nhs.uk/_Details.aspx?vacNo=423576
Whiskies they don’t already have.

Two new whiskies in anticipation of two new distilleries.

Order now for Christmas
Visit: www.rbdistillers.com
Email: sales@rbdistillers.com
Call: 0131 564 0761
A very spirited celebration

BY ARTEMIS PANNA

On Saturday October 30, the community stepped out in style to welcome Halloween and the launch of the Raasay While We Wait whisky, courtesy of our local R & B Distillers.

The celebrations kicked off at Borodale House with pupils from the primary school leading a torch-lit procession that wound its way down to Clachan beach.

Joining them was architect Olli Blair who defied the windy weather to carry an enormous willow sculpture of a Kelpie which was burned on the bonfire.

After admiring the flames everyone gathered in the Boathouse to enjoy live music from TROSG and of course, the bar!

Much whisky was consumed and the night raised over £600 which will go towards repairing the Boathouse in time to begin our winter skiff-building project.

Was it a storm or just a big gale? Abigail approaches Raasay on November 12. Her American friend, Katie, is not far behind her.
Write a Christmas message for charity

BY ANN OLIPHANT

The Ladies of the Raasay Knitting Group are again this year putting up the Christmas Message board in the Raasay Community Shop.

Last year we raised money towards the purchase of the Centrifuge machine - and very successful it was too.

This year’s choice is Chest Heart & Stroke Scotland.
Instead of sending local cards this Christmas please use the cards provided, add your greeting to the board and pop a donation in the box.

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Raasay Refugee Appeal – Curry Night & Fundraising Social

Wednesday 9th December, from 6pm at Raasay House

We will be holding a fundraising social on Wednesday 9th December at Raasay House to raise money and collect donations for Re-Act, Refugee Action Scotland (www.re-act.scot).

Please drop by after 6pm for food or just a drink and a blether! If you would like a curry, the cost will be £4 per adult, £3 per child. Other child friendly food options will be available.

If you have any of the following, we are also collecting:

- Camping Equipment including ground-mats, sleeping bags, cooking equipment, old rucksacks
- Blankets & Towels
- Warm winter clothes for men, women and children. NO JEANS OR LEATHERS PLEASE OR ANY OTHER ITEMS OF CLOTHING THAT TAKE AGES TO DRY! Jackets and waterproofs particularly appreciated.
- Warm/walking boots/trainers/wellington boots

Everything we gather will go to help the thousands of children, women and men who are trying to find safety in Europe.

If you want more info or you have donations you would like collected, contact Artemis Pana (artemis.m.pana@googlemail.com, 660 391) or Callum Findlay (callumjfindlay@googlemail.com, 07766495338)
News and Events

Bikes For Sale
Ex hire specialized crossroads bikes for sale at a great price.

2 Small, 3 Medium and 2 Large available. Good overall condition. Sold as seen. Were bought for £300 each, selling for £145 each.

Give us a call on 01478 660 300 to enquire or pop in to have a look at them.

December

Saturday the 5th of December
Steak Night

Mouthwatering steaks served with chips and salad or garni. Special steak night prices give you no excuse not to treat yourself

2 Steaks and a bottle of wine for only £35.

Saturday the 19th of December
Festive Party

Join us for a glamorous festive get together in the bar. All welcome. Dress to impress! Starts at 9pm

New Year

We now have accommodation available over New Year. If you have any friends or family who would like to come and stay please let them know.

Opening Hours in December

- Open Tuesday the 1st to Monday the 7th.
- Open Thursday the 10th to Monday the 21st.
- Open Thursday the 24th from 8pm.
- Open limited hours on Wednesday the 30th, Thursday the 31st of December and Friday the 1st of January.

www.raasay-house.co.uk        info@raasay-house.co.uk     01478 660 300
Survey revealed more than 10,000 years of history

BY MARGARET MOODY

The earliest evidence of human occupation on Raasay dates from the Mesolithic (old stone age) period around 8500-4000BC. These early Raasay inhabitants were hunter gatherers and fishermen who lived a nomadic life moving around the island according to the seasons and the availability of food sources.

They inhabited caves, rock shelters and tent-like structures made from tree branches and hides. They left behind middens with fragments of bone and nut shells amongst the mollusc shells, marking their places of occupation. Stone tools and knapping debris have also been uncovered at these sites.

In 2001 a data report on Scotland’s first settlers was carried out under the direction of the Society of Antiquaries of Scotland.

Raasay’s survey was undertaken by three local archaeologists including Martin Wildgoose.

Among their finds was an important Mesolithic site at the old pier at Clachan. They found evidence of ancient tree roots embedded in the sand which suggests the bay was tree-covered at that time.

There remains much more to discover about the lives of our ancestors on Raasay.

WEST HIGHLAND COLLEGE UHI—AUCHTERTYRE Part time courses coming up

Crafty Christmas Cards in Kyle at the Lighthouse Centre: a daytime workshop, come along and create some hand crafted Christmas cards to take home. Saturday 5th December 10am-3pm. Free (supported by Highlife Highland funding). Call 01599 566 775 to book a place, or for more information email elaine.hunter.whc@uhi.ac.uk

Do you work with food? Elementary Food Hygiene is a one day certificated course covering the basics. Friday December 4th 9.30am-4.30pm. £90 ILA eligible (call SDS 0800 917 8000)

Prescriptions

BY REBECCA MACKAY

At the meeting subsequent to RCC’s meeting with NHS Highland on November 17, members of the public asked about sharing medications in an emergency and the collection of medication from the pharmacy in Portree by nurses coming to Raasay. The following is a response from the Lead Pharmacist.

Re Shared Meds:- The answer is no. Sharing medicines is generally a bad idea; there are too many risks and it would be an illegal supply of a prescribed medicine. Also, I suspect that people perhaps don’t appreciate just how much information can be gleaned from a list of medicines.

Re Collections of Medications from the pharmacy in Portree by a nurse:- The nurse would need to sign for all collected medicines as the patients’ representative. That’s probably not appropriate: I am aware that the NMC Nursing and Midwifery Council would advise against nurses acting as patients’ representatives in this way, but I don’t know that this is written down anywhere.

Kate Earnshaw, NHS Highland district manager for Skye, Lochaber and Western Ross, wrote that the pharmacist went onto say the regulations for controlled drugs further complicate the situation and for nurses to collect medications from the pharmacy in Portree could only be in extreme circumstances and not as a regular commitment. Potentially, nurses doing so could compromise their registration. She added, as a member of the public, one is not bound by the same legal framework, which is why prescriptions can be collected by family or friends.

Furthermore, members of the community concurred that on numerous occasions prescriptions from the Portree pharmacy were not complete when collected and so demanded another expensive trip to Portree. Tracy Ligema, deputy director of operations for NHS Highland, has passed islanders’ complaints on to NHS Highland’s Lead Pharmacist.
Donation from Portree High School’s “Money Mile”

BY MARGARET MCVICAR

As in previous years the High School has sent a Monetary Gift of £80 for older people in the Raasay Community. Money raised in their “money mile” which they hold each autumn. The money is sent to the chairperson of the Community Council each year.

In previous years the money has (recently) been used to help fund the purchase of a bench at the war memorial, providing a resting point in a short walk from the village, and the purchase of a chair in the post office for those awaiting service.

Last year we thought the money could be used to provide a tea in the Spring of 2016 when the 2015 and 2016 donations were added together. Since there is no Council at present, it was decided at our last meeting to give the £160 to the Lunch Club rather than it lying in the bank account untouchable until a new Council forms in the future.

Bon Appetit.

Raasay remembers on Armistice Day

BY VAL COREY

On the eleventh hour of the eleventh day of November Rosemary Bungard led a short service of remembrance for all faiths at the war memorial at Suisnish.

Raasay folk of all denominations attended the service which ended with a rendering of the verse "They shall not grow old" by ex-serviceman John Thomson.
COMMUNITY FIRST RESPONDER

Being local and knowing the area means we are able to respond quickly. We can be the first on the scene and the first to start life support care.

"Why did you become a Community First Responder?

Ever since I can remember I have been interested in first aid, biology and health related issues.

I took up pool life guarding 20 years ago and since then I have gone on to teach and examine lifeguards for the Royal Life Saving Society.

When my Mum unfortunately died of a heart attack, I became very active with the British Heart Foundation and have been an active fund raiser ever since.

Six years ago, I got involved with the Penicuik Community First Responder Scheme at the very beginning. I knew the scheme co-ordinator from my days as a life guard and it seemed to bring a lot of my interests together. As a qualified Paramedic, the scheme co-ordinator is hugely experienced, making the training sessions enjoyable and interesting.

Why are Community First Responders so important?

Community First Responders play such a key role because we are exactly what the title suggests. Being local and knowing the area means we are able to respond quickly. We can be the first on the scene, and the first to start life support care whilst the ambulance is on its way. We often have to perform CPR or use our automatic defibrillators in the case of cardiac arrest. These keep the blood circulating, increasing the patient’s chance of survival.

We also act as a handover point for the ambulance crew. We take details from the patient and their family, find out what has happened and record these details, saving critical time when the ambulance arrives.

But sometimes, is as much about reassuring the patient and their family. Making sure that they are prepared for a trip to hospital, that they have their medication with them, that their house is secured and that someone knows what is happening.

What sort of incidents have you been called to?

We get called to all sorts of patients, people with breathing difficulties, heart problems and chest pains. For example, I was called out on Boxing Day to attend a young girl who had collapsed with suspected appendicitis. Being there meant I was able to record all the necessary details, get an overnight bag ready and reassure the family. All this means that the ambulance was able to leave for hospital within three minutes of arriving with the patient.

What is the best thing about being a Community First Responder?

I volunteered to become a Community First Responder because I have always been interested in health and life saving. I am passionate about helping others and trying to make a difference, this role enables me to do that in a professional and meaningful way.

You also get to work as a team, meet new people and learn new skills. You are always facing new challenges, finding out new things about yourself and your capabilities - that’s what makes the role so rewarding.

What advice would you give someone thinking of becoming a Community First Responder?

Being a Community First Responder is a great role for anyone, regardless of their background. You really can bring something special to families in your community.
Could you be the first to respond in an emergency?

BY DELLA CHESHIRE

The Scottish Ambulance Service has called for residents to volunteer to be trained and supported as community ‘first responders’ and / or ambulance drivers on Raasay.

After the RCC / NHS Highland meeting on November 17, SAS representatives and current ‘second responders’ discussed issues surrounding ancilliary roles.

Concerns were expressed over SAS’s lack of response to queries raised in the past.

Murray McEwan, resilience manager for the Scottish Ambulance Service, said: “I’d be happy for my department, which is the community resilience department, to actually support the community to develop a first responder scheme which would absolutely be supported by the operational area.”

Anyone interested in becoming a first responder or volunteer ambulance driver is encouraged to attend a presentation by SAS at 1pm on December 12 at Raasay Community Hall.

Useful Contact Numbers

Business Gateway/Highland Opportunity/ Princes Scottish Youth Business Trust:
Alistair Danter, Tigh na Sgire, Park Lane, Portree, Isle of Skye, IV51 9EP. Tel 01478 611501, Mob 07921 758451 Email alistair.danter@highland-opportunity.com

MP:
Ian Blackford MP, House of Commons, London, SW1A 0AA. Tel 0207 219 5292 Email ian.blackford.mp@parliament.uk

MSP:
Dave Thompson MSP, Thorfin House, Bridgend Business Park, Dingwall, IV15 9SL. Tel 01349 864701, www.twitter.com/@davytmsp

Local Councillors:
• Hamish Fraser, 8 Scullamus, Breakish, Isle of Skye, IV42 8QB. Tel 01471 822929
• John Gordon, 3 Mill Park, Staffin Road, Portree, Isle of Skye, IV51 9EY. Tel 01478 611783
• Drew Millar, Ibrox, 6 Carndearg Place, Portree, Isle of Skye, IV51 9PZ. Tel 01478 612895
• Ian Renwick, Lochside, Brookside, Clachamish, Portree, Isle of Skye, IV51 9NY. Tel 01470 582386

Ward Manager:
Willie Mackinnon, Tigh na Sgire, Park Lane, Portree, IV51 9GP. Tel 01478 613849
DECEMBER RAASAY COMMUNITY NURSING COVER

Please be advised that due to staff shortages there will be reduced community nursing cover for Raasay.

There WILL be a nurse on duty Mon – Fri 9am-5pm with the exception of Christmas day when there will be no nursing cover on Raasay.

There will be a paramedic/advanced nurse practitioner or nurse on duty overnight on 4th, 5th, 6th, 18th, 19th, 20th, 27th & 31st December

With the exception of the above dates, there will be no overnight cover for Raasay in December.

At present there is no confirmed weekend cover for the other weekends, but a request for cover has been placed with nurse bank; you will be informed if cover is found.

IN AN EMERGENCY DIAL 999

For Minor Injuries or Illness dial 111

Thank you for your understanding at this challenging time.

WEST HIGHLAND COLLEGE UHI—BROADFORD Part time courses coming up

Caligraphy Workshop at Broadford Learning Centre: A one off session to learn about do some calligraphy. This course will be run by Lesley Linley, who has provided classes for us before, and always received very positive feedback. This workshop will be on the Saturday 12th December 10am – 4pm. Free (supported by Highlife Highland funding). Contact the Broadford Learning Centre on 01397 874 530 or for more information email abigail.manvell.whc@uhi.ac.uk
Christmas Craft Fair

BY LILIAN MACLEOD

Congratulations go again to all the Crafters who were involved in another very successful Craft Fair on Saturday 21st November (our fifth this year). With thirteen tables spread through the two dining rooms, a wide variety of hand made goods produced here on the island was on offer to Christmas-present hunters. The staff of Raasay House produced mulled wine and delicious, hot mincemeat pies and Santa took time out from his busy preparations to pay the House a visit!

Over the five Fairs which we have held this year we have raised £289 for the Landscape Fund; not a huge amount considering what is needed in the environs of the Hall, but it is a start, and it maybe that in future there will be contributions from other people and events.

I think all of us involved in the Craft Fairs feel these days are very convivial; we enjoy them as much for the craic as for the actual selling of goods. It’s good to look back over the year and reflect on the fact that Craft Fairs have become established here on the island – I think we can all be very proud of that - and it is my intention to continue to organise Fairs in the future.

The first of next year will be held sometime around Easter, which gives us all plenty of time to restock! Nearer the time I will put another article into the newsletter inviting anyone who makes items on the island to take part, so if you have been considering taking up a Craft, you now have a focus for it!

Meantime, my heartfelt thanks to all of you - too many to mention individually - who have helped at the Fairs throughout the past season.

Your newsletter is a work in progress

BY DELLA CHESHIRE

This month we welcome Artemis Panna to the newsletter steering group.

Since no-one booked a place on the newsletter training sessions in November, we are incorporating training in the newsletter steering group meetings.

So far we have covered how to write a news story, and you will see some examples in this issue, as well as a new ‘What’s On’ calendar and front page ‘teasers’.

We are hoping to produce a special short newsletter just before Christmas. The deadline for this special edition is Friday December 18.

The deadline for articles, adverts and notices for the January newsletter is Wednesday December 23.

Please send any newsletter correspondence, including feedback, to Della Cheshire at Creachan Cottage, Isle of Raasay IV40 8NT, tel 01478 660380 / 07952 806176 or email dellatfcheshire@gmail.com.
Project Updates

BY LLOYD GUDGEON

Forestry
A number of you have more questions about the larch disease recently discovered on the island, and the future of the forest. We are trying to set up a “bulletin-board” that will allow people to put questions to the experts (The Forestry Commission, the contractors, the scientists) and allow the experts to reply so that everyone can see the answers. I hope we can sort something out along those lines fairly quickly.

Meanwhile, I have written to the Forestry Commission to ask them to allow us more time to decide if we want to go ahead with our bid to buy the forest. We can not be expected to make such an important decision while we don’t know what the outcome of the disease control will be.

Hydro Scheme
There will be a public meeting in the Hall on Tuesday 1st December at 7:30pm upstairs. The meeting will discuss a number of options for dealing with the “surplus” electricity that we hope to be producing. Ideally, we will come to a clear favourite option that we can then use to make the final design of the scheme. Note that if more than about 20 people turn up we may have to wait until 8pm for football to finish so that we can use the main hall.

Pontoon
As before, we are still waiting to get approval for our plans from the Harbour authorities of Highland Council. Meanwhile, RDT is still trying to find some money to cover the costs of seeking planning approval for a pontoon at the Harbour.

Boathouse/Boatbuilding
No progress to report this month.

Newsletter
Thanks for all the feed-back about the new-look Newsletter. Please keep the ideas and contributions coming.

Raasay Community Website
We hope to finally start work on the new community website for Raasay. The plan is for a home page that will introduce the island briefly and then link users to community groups’ own “pages”. Each group will be responsible for the content of their own page. There will also be links to local businesses and services. In this way we hope that anyone, anywhere in the world, searching for information about Raasay will come to the community’s own site first and work out from there.
XMAS & NEW YEAR OPENING

Thursday 24th Dec.................. 9am - approx 3pm*
Friday 25th Dec........................ Holiday
Saturday 26th Dec.................... Holiday
Sunday 27th Dec........................ Closed
Monday 28th Dec........................ 9am - 5:30pm
Tuesday 29th Dec...................... 9am - 5:30pm
Wednesday 30th Dec................... 9am - 5:30pm
Thursday 31st Dec..................... 9am - 5:30pm
Friday 1st Jan.......................... Holiday
Saturday 2nd Jan...................... Holiday
Sunday 3rd Jan........................ Closed
Monday 4th Jan........................ 9am - 5:30PM

You are invited to join us for mulled wine and mince pies on Thursday afternoon, 24th December, from 2pm onwards...

We will be getting deliveries of fruit & vegetables on Tuesday 22nd and Tuesday 29th before normal twice weekly service resume on Tuesday 5th January. We will be happy to take orders for fruit, veg, dairy and bread. Orders should be in to us by Friday 18th for delivery on Wednesday 23rd and Thursday 24th December.
News from Raasay Primary School

BY RHONA GILLIES

October finished with the usual Halloween fun and games at a party hosted by the Raasay Primary School Nursery.

Pupils all came to school in fancy dress and had lots of fun with ‘spooky’ games and activities.

Poppy Day

A huge thank you to everyone who contributed to the annual Poppy Scotland appeal.

The pupils all gave of their time to collect door-to-door and the fantastic total of £206.71 was collected.

Children in Need

Pupils came to school in non-uniform or fancy dress and raised a total of £26 which will be paid to Children in Need.

Pupil Support Assistant

We are delighted that Mrs Fiona Stone will be taking up the position of Pupil Support Assistant following her successful application for the post.

Fiona will be a valuable asset to our small team and we look forward to working with her.

Coffee Day

November was a busy month for us as we held our annual Coffee Day. We were very lucky that the weather was kind to us and people were able to enjoy some of the outdoor activities such as the ever-popular Digger Challenge. We also welcomed a visit from the RNLI who, unfortunately, were called away on an emergency just as they were about to tuck into some delicious food from our Parent Council Café! We would like to thank everyone from businesses to individuals who help and support us year on year – we could not do it without you! The total this year was another record-breaking amount of £3688.74 and this will provide lots of opportunities and resources for our pupils throughout the year. Thank you!

Crofting Connections

As part of our Crofting Connections topic – we were delighted that Bev, the Spinner, came to school to deliver a workshop on ‘felting’. We used the wool that we had previously dyed to produce the felt and used it to make pictures and figures. We carried this on to our Monday After School Art Class.

Christmas Show

This year our Christmas Show will be an adaptation of ‘Sleeping Beauty’ and will take place in the hall on Friday 11th December. Doors open at 7pm - hope to see you all there!
De tha Dol? Talla Ratharsair

What’s on at Raasay Community Hall

- Hydro Scheme public meeting on Tuesday December 1 at 7.30pm
- Raasay Primary School Christmas Show – Sleeping Beauty – on Friday December 11 at 7.00pm
- RCA’s Licensed Family Festive Dance on Monday December 28 with The Incredible Fling Band. Doors open from 7:30. Tickets on the door: Adults £9, Under 18's £6, Under 5's Free, Family £25
- Arts & Crafts – Mondays 2.00pm-4.00pm up to and including December 14 and restarting January 11.
- Football – Tuesdays 7.00pm.
- Knitting Bee - Thursday evenings 7.30pm December 3 & 17. All welcome.
- Lunch Club – Next lunch Wednesday December 16 (at Raasay House).
- Yoga – Tuesday morning 9.00am-10.15am December 1, 8 & 15. Thursday evening 6.30pm-7.45pm December 3, 10 & 17. Best to practice before you have your evening meal, or at least one hour after. All welcome, bring a mat and a blanket and wear comfortable clothing; £3 per session. Please contact Tekela on 660 253 or 07810 480972 if you are interested or to book. Other times can be arranged to suit a group of 3 minimum. As usual visitors and newcomers welcome.
- Contact details for the hall bookings: Katherine on 01478 660233/358 or Ann on 01478 660388.
- If you are planning an event and would like to publicise it, please get in touch with Della as soon as possible on 01478 660380 / 07952 806176 or email dellatfcheshire@gmail.com for a mention in the newsletter.

Local Services

- RDT Surgery every Wednesday 10.00am-12.00pm or by appointment. Contact Lloyd on 01478 660358 or email lloydraasay@gmail.com
- NHS Nurse – 9.00am to 5.00pm on 660204. Emergency calls to 999; minor injuries or illness to 111 (NHS 24). NHS 24 call handlers should now be aware via red-flagging that Raasay residents live on an island.
- GP Surgery – Wednesday mornings by appointment through Portree Medical Practice on 01478 612013.
- Vet Surgery – Rhona Campbell, Veterinary Surgeon on 01478 611269.
- Recycle Rag Bag Raasay Primary School - Please place all items of clothing securely inside a bag.
- Pensioner’s Bus Service – Contact Theresa or David on 660337. Next trip Thursday December 10.
- Mobile Library every third Wednesday – 9.55am Inverarish Terrace Phone Box, 10.30am Inverarish Terrace, 10.45am Raasay Primary School (teachers and pupils only), 11.35am Raasay House, 12.00 Raasay Ferry terminal - next due: December 2 & 23.
- Murdina Hairdresser – Alternate Thursdays on 07799315756.
- The Alexander Technique – Call Winnie Ireland on 660227.
- Coal will be delivered fortnightly to Raasay. Coal lorry also delivering/selling garden coverage.
- Split fuel logs £35 a load for community members from RHCC on 660226.
- Isle of Skye Fish van deliveries weekly on Friday afternoons.
## What’s On Raasay and beyond – December 2015

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<td>9am-10.15am Yoga</td>
<td>BLUE BINS 6pm Curry night &amp; fundraising social for Re-Act at Raasay House</td>
<td>Pensioners’ Bus Service 6.30pm-7.45pm Yoga</td>
<td>7pm Raasay Primary School Christmas Show – Sleeping Beauty at Hall</td>
<td>10am-4pm Calligraphy Workshop (Free at WHC Broadford)</td>
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<td>2pm Episcopal Church Carols &amp; Readings for Christmas</td>
<td>9pm Festive Party at Raasay House bar</td>
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<td>7pm Football</td>
<td>BLUE BINS Mobile Library</td>
<td>2pm Mulled wine &amp; mince pies at Raasay Community Stores</td>
<td>11am Episcopal Church Family Worship</td>
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<td>7.30pm Licensed Family Festive Dance at Hall</td>
<td>7pm Football</td>
<td>GREEN BINS</td>
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* Call 01599 566 775 or email elaine.hunter.whc@uhi.ac.uk
** Call 01397 874 530 or email abigail.manvell.whc@uhi.ac.uk

## Church Services

**Free Presbyterian Church** – Sundays 12 noon & 6.00pm

**Free Church of Scotland** – Sundays 12 noon & 5.00pm. (Check Church noticeboard for any time alterations)

The Episcopal Church Service - 2nd Tuesday of each month at 11.00am in the Community Hall, followed by refreshments and fellowship.

**Catholic Celebration of the Word and Communion at 37 Inverarish Terrace, Sundays 11.00am. Dave/Teresa Tel 660337.**