



Newsletter June 2025



Letter from the Editor

Hello, and welcome to our June newsletter.

With the season in full swing, it has been great to be out and about, meeting locals and visitors enjoying Loch Ken.

We continue with our joint patrols with Community Police on and around the Loch.

This month we have continued with our ranger education programme and youth water safety, with Castle Douglas High School S3 taking part in the Paddle Safer Award.

Read on to find out more...



Lindsay Stewart- Editor

SAVE THE DATE

We have set a date for our Family Water Safety Day-
Tuesday 12th August 11am-3pm. For any further
information please contact Lindsay@lochken.org.uk



**LOCH KEN
FAMILY
FUN DAY**



**Tuesday 12th August 2025
11am-3pm**

**Field next to Loch Ken Holiday Park,
Parton**



**Free entry and open to all
Emergency Services
Rescue Demonstrations**

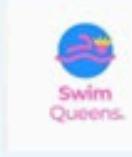
Kayaking Demonstrations First aid and safety advice

Wild Swimming Demonstrations

Facepainting

Kids Activities and crafts

Water Safety Obstacle Course



drax

**All children must be accompanied by an adult. For
further information please contact
Lindsay@lochken.org.uk**



GALLOWAY AND
SOUTHERN AYRSHIRE
BIOSPHERE

Loch Ken Family Water Safety Day 2025



PLEDGES TO SUPPORT THE FOLLOWING PRINCIPLES:

- Help to conserve the natural resources of the Biosphere
- Support the economy to benefit people and nature
- Promote cultural heritage and local products
- Contribute to the health and wellbeing of the community
- Develop knowledge, understanding and promote research
- Raise awareness of the Galloway and Southern Ayrshire Biosphere



We were delighted to receive our Galloway and Southern Ayrshire Biosphere events charter certificate this week for our Loch Ken Family Water Safety Event.

CLLD Community Led Net Zero Heroes

The Trust is pleased to feature alongside Arran Eco Savvy and Ullapool Sea Savers in a case study video with Scottish Rural Network. The film was produced by Inspiring Scotland and looks at how each group has addressed Net Zero and Climate Action utilising the Scottish Government Community Led Local Development Funding. You can watch here:

<https://tinyurl.com/2m2k64fv>

Glenkens Community Cardiac Responders Group

As part of our Climate Ready Glenkens Project, we are launching the Glenkens Community Cardiac Responders Group.

Community Cardiac Responders are members of the community trained and supported by the Scottish Ambulance Service to respond to Out-Of-Hospital Cardiac Arrests, on behalf of the Scottish Ambulance Service, as a first response to provide life-saving CPR and Defibrillation to build resilience in our rural communities.

Interested? No previous experience required as all training will be provided by Scottish Ambulance Service.

Requirements

- Must be 18+
- Full Driving Licence
- PVG Disclosure (Assistance Provided)
- One days local training with Scottish Ambulance Service- Friday 29th August.

If you are interested, please get in touch for further details.

Lindsay@lochken.org.uk



Scottish
Ambulance
Service

Working in Partnership with Universities

Scottish Ambulance Service
COMMUNITY RESPONDERS

COMMUNITY CARDIAC RESPONDERS

WHO CAN APPLY?

No previous experience required, full training and support will be provided

- Must be 18+
- Full Driving Licence
- PVG Disclosure
(Assistance Provided)

TRAINING

To find out more or request an application e-mail-

sas.wildcat@nhs.scot

Community Cardiac Responders attend Out-Of-Hospital Cardiac Arrests, on behalf of the Scottish Ambulance Service, as a first response to provide life-saving CPR and Defibrillation.



Drowning Prevention Week



Loch Ken Trust supported drowning Prevention Week this month which was held from 14th-20th June by promoting key water safety messages.

Never mix alcohol with swimming or water sports.

Be cautious with inflatables, particularly in the sea, where currents can pull them out quickly.

Always follow local safety guidance.

If someone is in trouble, do not enter the water—call 999 and use any available rescue aids, such as a throw line or ring.

Always follow the [Water Safety Code](#)



WATER SAFETY CODE



Stop and Think, Spot the Dangers

If you are thinking of being near or entering the water, have you considered the following?



Be aware of cold water shock



Keep off all frozen waters



Check for safety signage



Avoid alcohol and drugs



The depth of the water may hide **underwater ledges, hidden currents and unseen items**



Be aware of other water activities



If it is safe to enter the water, ensure you have a safe way out



At the coast, consider rip currents, wind and the tide



Stay Together, Stay Close

It is better to go near the water with a friend or family member



If you are in trouble in the water, float until you feel calm

Lean back, extend your arms and legs

Float until you can control your breathing. Then call for help or swim to safety



In an Emergency, Call 999



If you see someone in trouble
DO NOT enter the water



Look for a throw line or life ring to help whilst you wait on the emergency services



Call 999 or 112

TOP TIP: Thinking of taking part in a planned activity?

To enjoy your activity to the full, check that your provider is fully insured, with skilled staff and the relevant accreditation.

Community Event

Carlingwark Loch

A huge thank you to everyone who attended the community event at Carlingwark Loch.

A huge thank you to Galloway Fisheries Trust for giving an interesting insight into water quality sampling and invasive non-native species.



Ranger Education Programme

2025

We had a great Bio Blitz session this month with Springholm Primary School- lots to see and discover. To date, our education programme during 2025 has seen 157 young people from local schools take part.



IMPORTANT UPDATE

Boat Registration



Loch Ken Trust have ceased to run a boat registration scheme from the Loch Ken public slipway, Boat O Rhone, from April 1st 2025, due to increased multi usage and safety concerns.

Other launch points are available.

There will be a boat registration scheme on Loch Ken for the 2025 season- please contact any of the launchpoints; Loch Ken Marina, Crossmichael Marina or Galloway Activity Centre for further details.

Further information and map available on website

<https://lochken.org.uk/boat-registration/>

Dumfries and Galloway Youth Water Safety 2025

The Youth Water Safety Awareness Programme is now in full swing. This month we welcomed Castle Douglas High School and as an addition to the programme, these pupils took part in the Paddle Safe Award, a nationally recognised award. We are pleased to say that all pupils achieved this award. We are also pleased to have received funding from D&G Council Area Committee Funding to add additional sessions to the programme.





A huge thank you to all funders and the fantastic team at Galloway Activity Centre, without whom none of this would be possible.



water safety
Scotland

**Know your own limits when
jumping into water - don't feel
pressure to join in on Tombstoning**

TOMBSTONING



water safety
Scotland

**Don't take a leap
into the unknown**

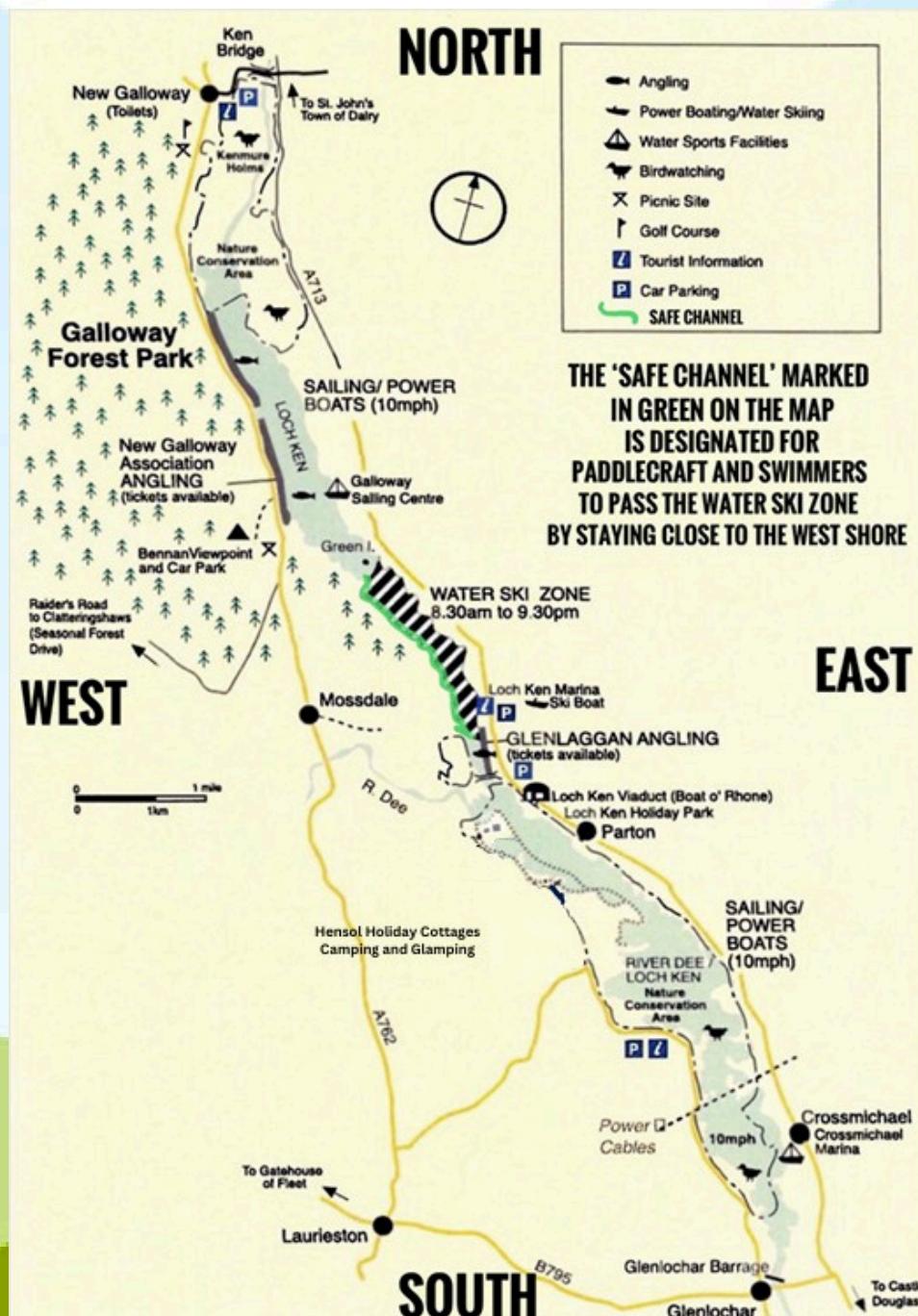
Tombstoning can cause death or serious injury. Learn the risks associated with Tombstoning prior to jumping



TOMBSTONING

High Speed Zone

Please be aware that there is a High Speed Zone on Loch Ken. There is a designated channel where paddlecraft can pass, avoiding the High Speed Zone by staying close to the West Bank.



On Patrol with the Loch Ken Trust Ranger Service



CONTACT NUMBERS
07539029175 / 07918300889
Ranger@lochken.org.uk

Head Ranger Leanne and our Seasonal Ranger Toni continue to patrol the Loch both on the land and water.

This month the ranger service continued to carry out some joint patrols with Police Scotland, both on and around the water, educating and advising on responsible access.



Ranger Group Meeting

The next meeting will be held on Monday 28th July at The Crannog at 6:30pm.

All welcome to come along and find out about our community ranger service and how you can get involved.

WeBs core counts

We continue to carry out the monthly Wetland Bird counts. If you would like to get involved please get in touch office@lochken.org.uk



We are delighted to have received funding from Dumfries and Galloway Council's Regionwide Community Fund to support our community ranger service and increase patrol hours

WATER SAFETY

Be safe around water

Don't swim in the water

**Don't enter the water if
someone is drowning**

**Use a rope if
someone is
drowning**

Help

**I'm
drowningggg**



Listen
for sirens
Look out for
strobe lights

Take care of
your dogs

Stay with an
adult

Watch out for
changes in
water levels
or flows

Be water Smart

Obey all
warning signs
and keep out of
restricted areas

Stay clear of dams,
power lines and all
electrical equipment

If someone is in
the water call 999
or you can throw
a rope to them



Never swim in the
water



We would like to extend our thanks to all of the funders who support us. We are extremely grateful for your support.



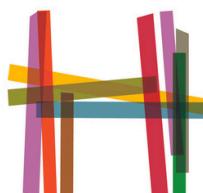
Garfield Weston
FOUNDATION



drax



Foundation
Scotland



The Holywood Trust

Scottish Charity No. SC009942



AWARDS
FOR ALL
SCOTLAND



GALLOWAY GLENS
Landscape Partnership



Funded by

Dumfries and Galloway
COUNCIL