



Newsletter October 2025

Letter from the Editor

Hello, and welcome to our October newsletter.

As the darker nights come, activity around Loch Ken quietens, our community ranger service continues to patrol on and around Loch Ken.

We are delighted to see the launch of the Glenkens Community Cardiac Responders Group- read on to find out more.

The Youth Water Safety Programme is now complete for 2025. Huge thanks to everyone involved.

As always, please get in touch if there are any of our projects you are interested in.



Lindsay Stewart- Editor

Job Opportunity!

We are seeking a motivated individual with great interpersonal skills to coordinate our growing Ranger Volunteer Scheme

Ranger Volunteer Coordinator

This role would suit an inspirational individual with good leadership, active listening and problem-solving skills, ideally with a passion for the outdoors. Please follow the link below for full details and role description.

[Ranger Volunteer Coordinator Role Description](#)

To apply, please email CV and covering letter to Lindsay@lochken.org.uk

Closing Date Monday 8th December 2025



New Volunteer Cardiac Responders Group established in Dumfries and Galloway

A new 10-strong Community Cardiac Responder Group has been established in Dumfries and Galloway to cover the Glenkens area.

The aim of the volunteer group is to respond to out of hospital cardiac arrests in the vital first few minutes before an ambulance crew arrives.

Community Cardiac Responder Groups were first introduced in the Grampian region and have proven highly effective. The launch of the Community Cardiac Responder Group in Dumfries and Galloway comes as part of CARE Zone - a wider strategy by the Scottish Ambulance Service, Dumfries and Galloway Council and NHS Dumfries and Galloway to enhance community readiness for out-of-hospital cardiac arrests.

Lindsay Stewart, Loch Ken Trust Manager and Glenkens Group founder said: “We are delighted to see the launch of the Glenkens Community Cardiac Responders Group.



“There has been a great show of support from members of the community, and we would like to thank everyone who has come forward and volunteered to be a part of this, helping to build resilience in our remote and rural communities.

“I would also like to extend my sincere thanks to the Scottish Ambulance Service for their invaluable support in helping to establish the group and for providing the training that has made this possible.”

Paige Fletcher, SAS Cardiac Responder Development Lead, said: “It was a privilege to meet and train such a dedicated group of volunteers, who are committed to making a real difference.

“Their enthusiasm and willingness to give their time to support this is truly inspiring. By helping to build resilience for out-of-hospital cardiac arrests and increasing the chances of survival in remote and rural areas, this group will have a lasting and meaningful impact on their community.”

Find out more about our Cardiac Community Responders and how you can become one

<https://www.scottishambulance.com/your-community/community-first-responders/community-cardiac-responders/>

Meet the Volunteers



“Having retired and moved to Crossmichael, I was keen to get involved with a worthwhile local community project.

By being part of the cardiac responder team, I have made new friends and colleagues as well as having the opportunity to help in a positive way in an emergency.”

Derek Wooff

“Having always lived and worked in a rural area, I have been aware of the challenge for emergency services to respond promptly due to the geography of the area . I was interested in being involved when I heard about the development of a team to assist people until the ambulance arrives. Joining the team has resulted in fun times as we are all keen to learn and maintain.”

Jane Wooff



Why did I volunteer? " Whilst I am able to help other people, I will do my best and offer that help. In return I hope that others will help me when I am no longer able."

Bob Peace

Meet the Volunteers



“I have lived in Dumfries and Galloway since 2008 and am married with two children. I work full time in healthcare and have done so for 30 years. I travel 42 miles daily from home so have come across numerous emergencies over the years that have needed assistance. Those first few minutes can mean someone lives or dies and multiple lives are impacted. This voluntary role means I can support the local community further and enhance the incredible role provided by Scottish Ambulance Service.”
Attica Wheeler

“Hi, I’m Ian Smith, 67 and have lived in Crossmichael for the last 13 years. Since leaving school I have spent 16years at sea in the Merchant Navy and 30 years as a Fire Officer. 5 years of my Fire Service took me to the Western Isles where I quickly embraced the island attitude of mucking in no matter the situation or what service agency you represented.

The area I now live in has a rising sense of mucking in, and if I can help by volunteering as a cardiac responder to assist somebody in their hour of need, I will once again have achieved my goal of helping others.”

Ian Smith



Meet the Volunteers

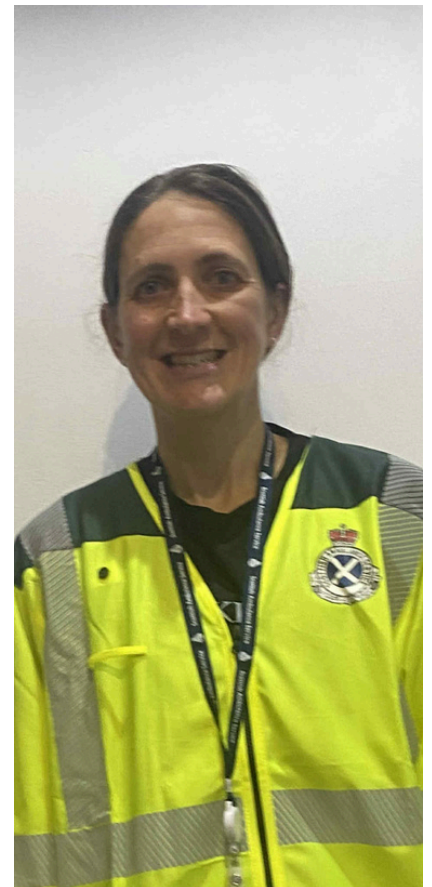


“This group is something we were often asked for by the community during our resilience work, and it is great to see the Glenkens Community Cardiac Responders Group form. This will have tremendous impact in the Glenkens communities, and I am pleased to be a part of this lifesaving initiative.”

Leanne Pumpur

“It is great to see the launch of this group, and I am pleased to be volunteering myself as a community cardiac responder. I am very keen to help in our communities and build resilience in our rural area. If our volunteers can arrive on scene in the early moments following a cardiac arrest, this could be vital to the patient’s chances of survival. Being in this group is really rewarding, and I have met lots of amazing people. I would encourage anyone interested in helping in their community to get involved.”

Lindsay Stewart



Loch Ken Marathon

”The wind whipped across the loch as low clouds threatened rain. In a few hours, this field would be filled with sheep, but for now, the grass by Loch Ken belonged to dozens of Scottish paddlers undeterred by a bit of weather...

It was a generational clash in Scotland last weekend for the K1 National Marathon Championships on Loch Ken.” *



Glasgow Kayak Club Juniors Warming up



Sam Stevely, winner of the event

This link will give a full report of the event plus photos/results -

<https://paddledaily.com/.../one-for-the-old-guys-and-one.../>

**Quote from Paddle Daily*

Tesco Stronger Starts



Loch Ken Trust are in the customer vote for Tesco Stronger Starts for the Loch Ken Youth Water Safety Programme, providing vital, free hands-on water safety training for young people in the region! Tesco Stronger Starts is a scheme which gives community projects like us grants of up to £1,500. Tesco customers will now vote in Castle Douglas store from now until mid-January 2026 to decide how much funding we get, so please support us next time you shop at Tesco!

Dumfries and Galloway Youth Water Safety 2025

This month marked the end of another fantastic year for the Loch Ken Youth Water Safety Programme.

This year alone, over 200 young people have recieved this vital life- saving hands on water safety training!

Our thanks, as always, go to everyone involved, particulatly our funders and the fantastic team of instructors at the Galloway Activity Centre. Thanks also go to all schools and organisation for taking part in the programme.

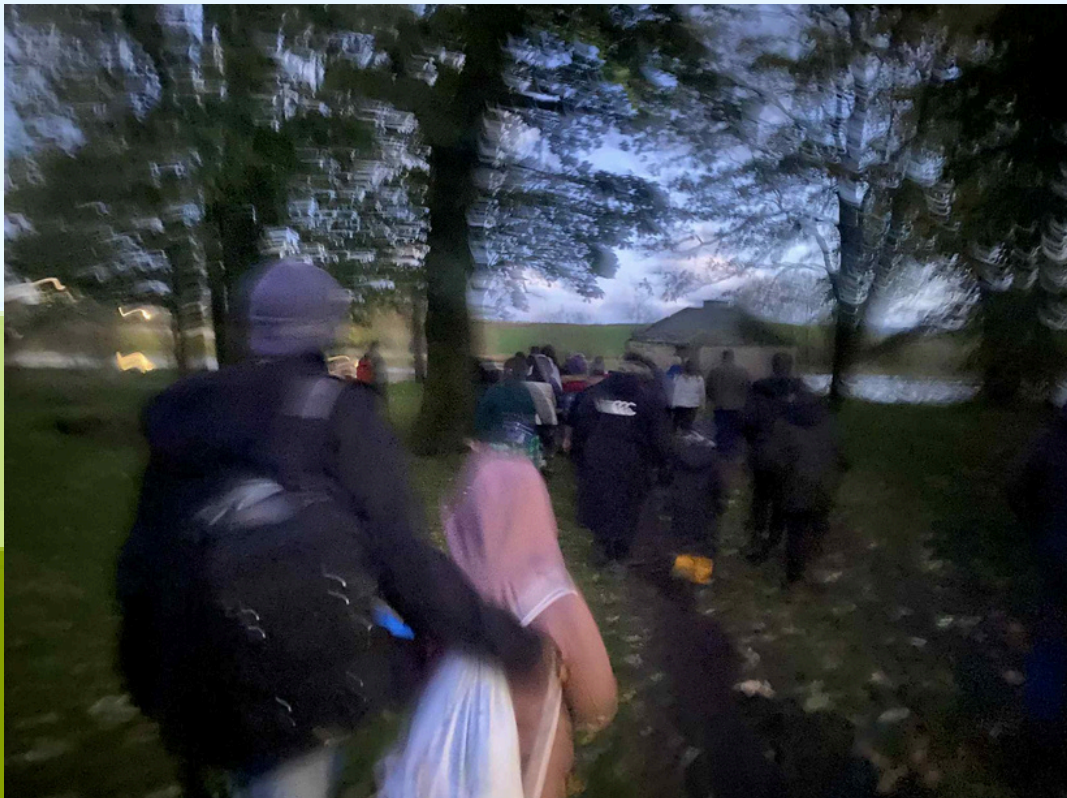






Thank you to everyone who came along to the Family Bat Walk held at the Crannog in partnership with Castle Douglas Development Forum, Dumfries and Galloway Bat Group and the Wild Goose Festival. It was a very interesting evening and a great night for bat spotting.

A huge thank you to the Dumfries and Galloway Bat Group for the support



Carlingwark Community Project

We have recently been working on this project thanks to funding received from Inspiring Scotland's Neighbourhood Ecosystem Fund.

The Neighbourhood Ecosystem Fund seeks to inspire, encourage, and enable communities to explore and deliver ambitious ecosystem restoration projects locally. It also seeks to raise awareness about the importance of local ecosystem restoration and address barriers faced by community-led efforts.

This Fund is supported by the Carman Family Foundation, the Scottish Government's Nature Restoration Fund, which is managed by NatureScot, and others. Inspiring Scotland is administering this funding.

This project has involved a water quality and an invasive non- native species survey of Carlingwark Loch, carried out by Galloway Fisheries Trust.

The project also involved surveys and the creation of a baseline habitat report with further recommendations for the enhancement of Carlingwark Loch, carried out by students from Scotland's Rural College (SRUC), as part of a student project. Please see link to the final report below

[Carlingwark Habitat Report 2025](#)

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/>

Be aware of
**steep edges, fast flowing
water, and rocky waters**
that can make it hard for a dog to
scramble out.

**These can also mean
a slip risk for owners**



water safety
Scotland

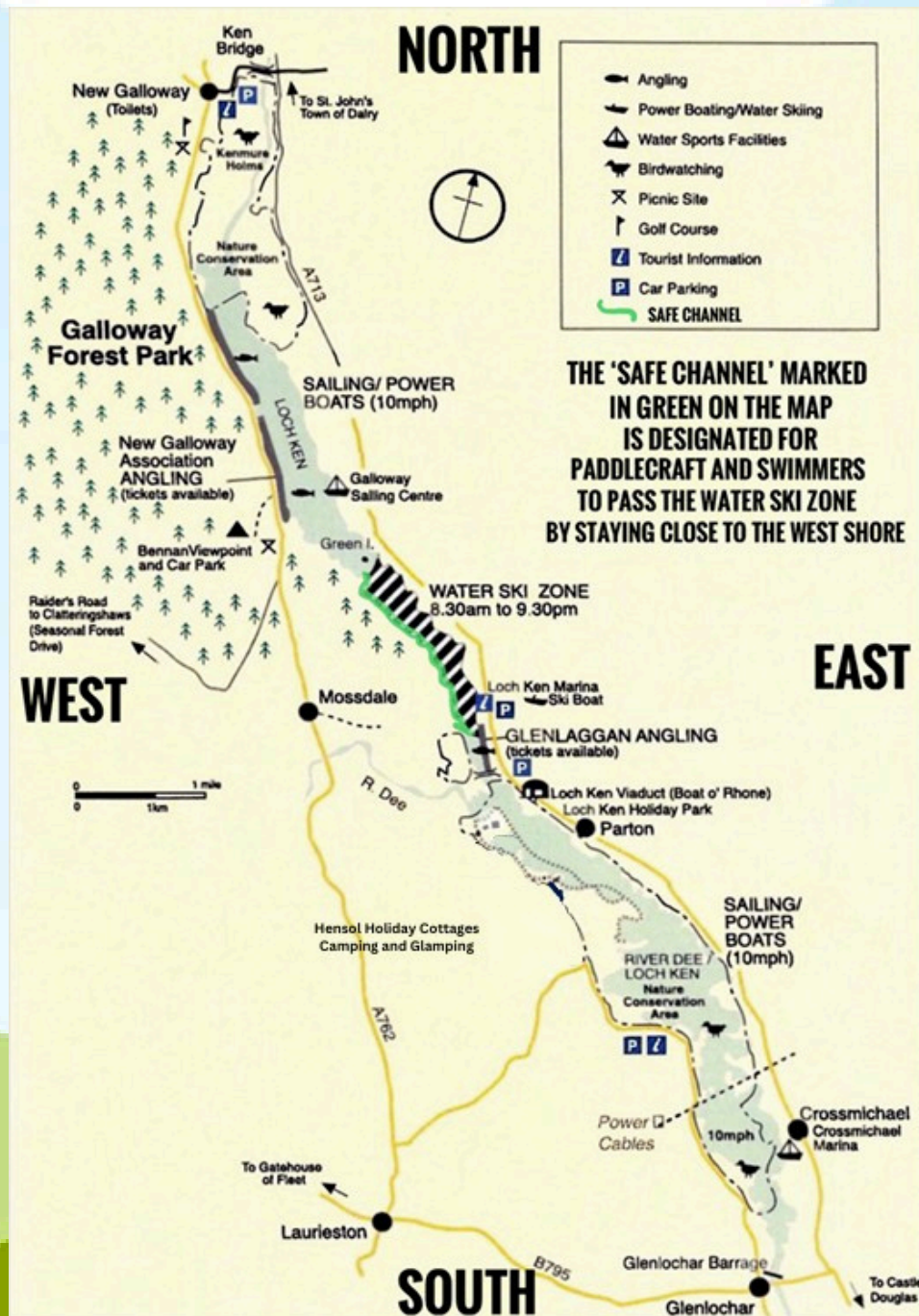


water safety
Scotland

**Be safe
when
cycling
near water**

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

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Ranger@lochken.org.uk

With the darker nights setting in, it has been quieter on and around Loch Ken. Our Ranger Service continues to patrol on and around Loch Ken.

This month we have had reports of an injured otter, which is being followed up by SSPCA.

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

Ranger Group Meeting

We are going to have a break from our ranger Group meetings over the festive period, and will reconvene in the New Year. Thank you to everyone for all the support throughout the season.

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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**



Be water Smart

**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**

**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**



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

