

CONSERVATION VOLUNTEERS HIGHLAND GROUP

SUMMER PROGRAMME
JUNE – NOVEMBER 2019



www.nts.org.uk/Volunteering/Outdoor



About Conservation Volunteers

Conservation Volunteers (CVs) are a diverse group of people who, on a regular basis, carry out practical conservation work for the National Trust for Scotland.

CVs have the opportunity to:

- Learn new skills such as drystone dyking, footpath construction and woodland management;
- Work in beautiful gardens and stunning countryside throughout the Highlands;
- Meet new people, enjoy some fresh air and exercise, and become actively involved in conservation and the Trust;
- Attend training courses and lectures to enhance your understanding of countryside skills and conservation issues.

How to Register

You will need to complete a registration form (details on how to obtain this form can be found at the end of this programme). Thereafter, you will receive a Conservation Volunteer New Member Information Pack. You will remain on our database providing you attend at least one project every three years.

How to Join a Project

If you would like to participate in any of the following projects, please give your name to Julie Bond, the Conservation Volunteer Co-ordinator, based in Edinburgh (Julie's contact details can be found at the end of this programme). Places will generally be allocated on a first come first served basis. You can book places on projects from the first day of the preceding month (for example, you can book onto a June project from 1st May). The minibus pick-up point will be outside the VUE Cinema, Inverness Retail Park, Eastfield Way, Inverness IV2 7GD. If you'd prefer to be picked up at the railway station (platform one side, next to Debenhams), please let the Project Leader know beforehand. If you live near to one of our properties and would prefer to meet the Group there, you're very welcome. If you choose to make your own way to the property, ensure that you let Julie Bond or the Project Leader know. **IF, FOR ANY REASON, YOU ARE UNABLE TO ATTEND A PROJECT, PLEASE LET THE PROJECT LEADER KNOW SO THAT NO-ONE IS LEFT WAITING FOR YOU – 'No shows' can have financial implications for the Trust and also prevent others from attending.**

June 2019	
Saturday 8 & Sunday 9	Brodie two day project – depart 9.00am each day
July	
Saturday 20	Balmacara day project – depart 8.30am
Sunday 21	Brodie one day project – depart 9.00am
August	
Friday 9 – Sunday 11	Inverewe weekend project – depart 6.00pm Friday
Saturday 31 & Sunday 1 Sept	Brodie two day project – depart 9.00am each day
September	
Saturday 21	Corrieshalloch Gorge day project – depart 8.30am
Sunday 22	Balmacara day project – depart 8.30am
October	
Friday 25 – Sunday 27	Balmacara weekend project – depart 6.00pm Friday
November	
Friday 15 – Sunday 17	Kintail weekend project – depart 6.00pm Friday
Saturday 30	CV Christmas Ceilidh , Ballinluig Village Hall, Perthshire 8.00pm

NB: Sturdy footwear essential, unless otherwise stated.

Accommodation

Project Information

Brodie Castle (12 vols)	<p>This 16th century tower house was the ancestral home of the Brodie clan for over 400 years.</p> <p>June: During this two day project you will be cutting back vegetation around Rodney's Stone, an 8th-century Pictish monument, to improve access for visitors (WG 2).</p> <p>July: On your second visit to this lovely property you will be helping to cut back vegetation along the exit drive (WG 2).</p> <p>August: On your last visit you will be involved in clearing invasive <i>Rhododendron ponticum</i> from around the pond area (WG 2).</p>	N/A
Balmacara (12 vols)	<p>July & September: Beautiful Balmacara! Come along and help our Rangers with some footpath maintenance and vegetation management at different sites across the Estate. You could experience a variety of habitats including crofting land and coastline, the local woodlands and the open moorland (WG 2 & 3). Steel toe capped boots may be required. Please check with your CV Leader beforehand.</p> <p>October: Be prepared to get muddy! During this weekend project you will be helping to improve habitat by removing silt from the pond at Balmacara Square (WG 3).</p>	Kintail Outdoor Centre (1)
Inverewe (12 vols)	<p>Inverewe is one of the most popular garden attractions in Scotland, with its secluded spot on the shores of Loch Ewe – a favourite destination for our Highland Group. Work duties will involve removal of non-native species, as well as helping to monitor the dispersal of red squirrels (WG 2).</p>	Poolewe Village Hall (with showers) (3)
Corrieshalloch (12 vols)	<p>This plunging box canyon, through which the River Droma rushes, bizarrely takes its name from the Gaelic for 'ugly hollow' but that's as far from the truth as can be! Work duties at this spectacular property may include footpath maintenance and the removal of non-native species (WG 2/3). Steel toe capped boots may be required. Please check with your CV Leader beforehand.</p>	N/A

Kintail
(12 vols)

During this weekend project you will be helping to repair stone dykes dating back to the early 19th century, which are still important for crofting today. If you haven't done this before, there will be plenty of experienced volunteers on hand to guide you (WG 3). **Steel toe capped boots required.**

Kintail Outdoor Centre
(1)

Christmas Ceilidh
The more the merrier!

The Conservation Volunteer Christmas Ceilidh is always a great night! Mulled wine and nibbles will be available on arrival and a two course meal will be served at 9.00pm. Tickets are priced at £14.00 and partygoers will be able to stay overnight in the village hall at no extra cost - a simple breakfast will be provided. Tickets can be purchased from the Conservation Volunteer Co-ordinator, Julie Bond. Do remember to bring along a small raffle prize and your own special beverage! Transport provided.

Ballinluig Village Hall,
Perthshire
(3)

NB: work descriptions can sometimes change nearer the time.

Accommodation Grading:

- 1 Heated, hot water, showers and beds
- 2 Heated, hot water, limited space
- 3 Village hall, no beds, basic washing facilities

Work Grading:

WG1. Low-level work, not too physical

WG2. Medium, tasks slightly more physical

WG3. Demanding work (eg footpath repairs/dyking) and could also involve a long walk to the worksite



Additional Events & Information

Leader Training Course: Friday 22 – Sunday 24 November 2019

Venue: Pitlochry Youth Hostel, Knockard Road, PH16 5HJ

This weekend leader training course is free and open to all five Groups and is aimed at those who would like to lead weekend or day projects. For further information, please contact Julie Bond; email

conservationvolunteers@nts.org.uk

Under 18s

We are unable to accept anyone under the age of 18 on projects.

**Leaders and Drivers
Wanted**



If you're interested in becoming a Project Leader or Minibus Driver then we'd love to hear from you. Leaders need to be trained in First Aid, which we will arrange for you, and if you're interested in driving a minibus you will need to take a MiDAS minibus driving test. This certificated course covers all aspects of safe and defensive minibus driving and is recognised nationally. The course is free to CVs who are over 21 with two years' driving experience (you must also have D1 on your driver's licence). **Please contact Julie Bond for further information.**



What to bring with you

Warm old clothes to work in, waterproofs; full change of clothes; warm sleeping bag; toilet kit and towel; torch; hat, scarf and gloves; personal medication; sun block F30+/wide brimmed sun hat; insect repellent; packed lunch - for day projects only.

NB: Sturdy footwear ESSENTIAL! Any volunteer wishing to participate in dry stone dyking is required to wear boots or Wellingtons with steel toecaps. For newcomers to the Group, there is a limited supply of Wellingtons with steel toecaps available for use.

Remember to clean your boots before and after a project, and between work sites. Please refer to our biosecurity instructions – [Mind your feet!](#)

What we provide

Transport, accommodation, food (weekend projects only – refreshments are provided on day projects), crockery, cutlery, tools, work gloves, insurance and first aid kits. If you have any dietary requirements, please let your Project Leader know in advance.

Paramo www.paramo.co.uk The National Trust for Scotland has negotiated a substantial discount with the outdoor clothing company Paramo. For further information, please contact the Highland CV Group Paramo Representative Julie Bond; email conservationvolunteers@nts.org.uk This discount is only available to active members of the Group. **Regatta Great Outdoors** - www.regatta.com offer active CVs a 20% on-line discount. At checkout use code **STAFF20NTS**.

Holiday Discount Active CVs are also eligible for a **50% discount on one-week stays and 25% off short breaks** in selected Trust accommodation! (Conditions apply – discount on full price only, when booked within two weeks of stay, excludes non-Trust accommodation). Check availability on www.nts.org.uk/holidays, then email holidays@nts.org.uk or phone 0131 458 0398 to book.

Health and Safety The Trust is committed to a safe and healthy working environment for all, and as part of this aim, considers all volunteers as staff for the purposes of health and safety management and legal compliance. In practical terms this means that:

Volunteers should be aware of their general responsibilities to look after their own safety and that of anyone else around them, and to cooperate with the Trust fully in adopting their safe working practices. The normal arrangements in relation to footwear, clothing, preventative steps and sensible working practices apply equally to staff and volunteers.

The Trust Staff Member co-ordinating the activity should carry out a specific risk assessment of the activity before it takes place, to identify the significant risks and their control measures and provide the volunteers with the information prior to the activity starting. Property staff should familiarise all volunteers with:

- the summary of the risk assessment
- any relevant emergency procedures
- detailed instructions for specific equipment
- detailed instructions for specific techniques, as required.

Further support can be obtained from:

- The current NTS Health, Safety and Environmental Manual - particularly the model risk assessments
- Property staff involved in the activity
- The NTS HSE
- The Property's Safe System of Work (a new system of H&S management for all NTS properties) where one exists.

If at any time you have any questions, or feel uneasy about the level of risk being faced, please let the Leader of the Group know immediately. Please note that Health and Safety Legislation requires that items such as aspirin are not included in our First Aid Kits. If you suffer from migraine or require any form of medication, you must provide this yourself. Volunteers are strongly urged to have an anti-tetanus injection, or booster, if required.

Other Conservation Volunteer Groups - Visit our website www.nts.org.uk/Volunteering/Outdoor to see what other CV Groups are up to this season. Highland CVs are very welcome to attend projects advertised in other programmes, providing there is space available and you can arrange your own transport to the site or pick-up point.

Conservation Volunteer Evaluation Forms - It's always good to get feedback. If you'd like to draw our attention to anything or you'd just like to let us know how much you've enjoyed your weekend, please ask the Project Leader for a Conservation Volunteer Evaluation Form.

REGISTRATION FORMS can be obtained at Planning Meetings or from Julie Bond. Alternatively you can download a registration form from our website:

www.nts.org.uk/Volunteering/Outdoor

ALL VOLUNTEERS MUST COMPLETE A REGISTRATION FORM PRIOR TO WORKING WITH THE GROUP

NTS Regional Contact:

Rob Dewar, NTS Nature Conservation Adviser
the National Trust for Scotland

Tel: 01463 732 629

Mob: 07833 236 408

Email: rjdewar@nts.org.uk

NTS Central Office Contact:

Julie Bond

Conservation Volunteer Co-ordinator

the National Trust for Scotland

Hermiston Quay

5 Cultins Road

Edinburgh EH11 4DF

Tel: 0131 458 0315 (Mon, Weds & Thurs)

Email: conservationvolunteers@nts.org.uk

Find us on Facebook:

www.facebook.com/NTSVolunteering

The National Trust for Scotland for Places of Historic Interest and Natural Beauty is a charity registered in Scotland, Charity Number SC 007410