

## CONSERVATION VOLUNTEERS LOTHIAN GROUP



SUMMER PROGRAMME  
JUNE – NOVEMBER 2019

[www.nts.org.uk/Volunteering/Outdoor](http://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 Scotland;
- 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). Once you have completed the Registration Form, please return it to Julie Bond at Central Office. Thereafter, you will receive a Conservation Volunteer New Member Information Pack. You will remain on the register providing you attend at least one project every three years.

### Meet-ups/Socials

Quarterly Meet-ups/Socials are held in the Edinburgh Quaker Meeting House, 7 Victoria Terrace (off Victoria Street), Edinburgh EH1 2JL. You can hear about previous projects and sign up for forthcoming ones, and there is usually a guest speaker. In addition you can find out about social events arranged by the Group and you'll also have an opportunity to chat with fellow volunteers and the committee afterwards.

### How to Join a Project

If you would like to participate in any of the following projects, please email the Lothian CV Group at [ntslothiancvs@gmail.com](mailto:ntslothiancvs@gmail.com) with the name of the project and date in the subject line or sign-up at meet-ups. It would be helpful to mention whether you will require transport or will make your own way there. Your name will be added to the project list and the project Leader will contact you at least one week prior to commencement date to confirm if you have a place. If you don't hear anything, and you think you should have, email to check – please don't assume you have a place. **If you find that you are unable to attend, please let the project Leader know as soon as possible – 'no shows' can have financial implications for the Trust and prevent others from attending.** The meeting place for projects is at the Tool Store behind No 7 Charlotte Square. It is accessed via the driveways on St Colme Street - see attached map at the end of this programme.

**NB: Sturdy footwear essential, unless otherwise stated.**

June 2019	
Friday 7 – Sunday 9	<b>Inverewe</b> weekend project, depart 4.30pm on Friday
Saturday 22 & Sunday 23	<b>St Abb's</b> day projects, depart 9.00am each day
July	
Saturday 6	<b>Harmony &amp; Priorwood</b> day project, depart 9.00am
Sunday 7	<b>St Abb's</b> day project, depart 9.00am
Monday 8	<b>Meet-up/Social:</b> Edinburgh Quaker Meeting House, 7 Victoria Terrace, 7.30pm <b>Liza Cole, Property Manager/Senior Ranger Naturalist</b> will give a talk on 'Saints and Seabirds: looking after St Abb's Head National Nature Reserve'
Saturday 20 & Sunday 21	<b>Newhailes</b> day projects, depart 9.00am each day
August	
Saturday 3	<b>Malleny</b> day project, depart 9.00am
Friday 16 – Sunday 18	<b>Threave</b> weekend project, depart 4.30pm on Friday
Saturday 31	<b>House of the Binns</b> day project, depart 9.00am
September	
Saturday 14	<b>Alloa Tower</b> day project, depart 9.00am
Saturday 28 & Sunday 29	<b>Harmony &amp; Priorwood</b> day projects, depart 9.00am each day
October	
Saturday 12 & Sunday 13	<b>Newhailes</b> day projects, depart 9.00am each day
Monday 14	<b>Meet-up/Social:</b> Edinburgh Quaker Meeting House, 7 Victoria Terrace, 7.30pm <b>Richard Clarkson, Property Manager/Senior Ranger Naturalist</b> will give a talk on 'Ravens'
November	
Friday 1 – Sunday 3	<b>Ben Lomond</b> weekend project, depart 4.30pm on Friday
Saturday 9	<b>Falkland</b> day project, depart 9.00am
Saturday 23	<b>Inveresk</b> day project, depart 9.00am
Saturday 30	<b>Conservation Volunteer Christmas Ceilidh</b> , Ballinluig Village Hall, Perthshire 8.00pm

## Project Information

## Accommodation

<b>Inverewe</b> (12 vols)	Inverewe is one of the most popular garden attractions in Scotland, with its secluded spot on the shores of Loch Ewe. During this weekend project you could be involved in a variety of tasks which might include removal of non-native species in a birch wood, charcoal making and bat surveys.	Poolewe Village Hall (with showers) (3c) (WG 2)
<b>St Abb's Head National Nature Reserve</b> (12 vols)	St Abb's Head Nature Reserve, with its spectacular clifftop scenery, is a favourite destination for our Lothian Group. During both visits you will be helping to protect species rich grasslands by removing invasive bracken (in <b>June</b> ) and invasive creeping thistle (in <b>July</b> ).	N/A (c) (WG 2)
<b>Harmony &amp; Priorwood</b> (12 vols)	<b>July:</b> Gardening staff need your support with restoring the woodland garden area by clearing undergrowth and planting new shrubs, which will help to create an environment for birds and other wildlife to thrive. <b>September:</b> Your second visit will be spent in the orchard harvesting the apples. This will help the property to raise vital funds at the annual Apple Day by maximising the highest yield possible.	N/A (a) (WG 1/2)
<b>Newhailes</b> (12 vols)	<b>July and October:</b> Both visits will involve scrub clearance in the grounds of this splendid Palladian house.	N/A (a) (WG 2)
<b>Malleny</b> (8 vols)	Renowned for its peaceful atmosphere, Malleny Garden is a perfect place for quiet contemplation in beautiful surroundings. During this one day project you will be helping Gardener James with some woodland clearance. In turn, this will make the woodland a more accessible and inviting place for visitors.	N/A (a) (WG 2)
<b>Threave</b> (10 vols)	Come along for the weekend and help to maintain the network of paths on the wider estate at this beautiful Dumfries & Galloway property. <b>Steel toe capped boots may be required. Check with your CV Leader beforehand.</b>	NTS Holiday Cottages (1b) (WG 3)

<b>House of the Binns</b> (12 vols)	Set in beautifully landscaped parkland overlooking the River Forth, this fascinating laird's house near Linlithgow has been the home of the Dalryells for 400 years. Colin Wren, Gardens & Designed Landscaped Manager, needs your help with clearing an old abandoned garden.	N/A (a) (WG 2)
<b>Alloa Tower</b> (12 vols)	Litter picking will feature at this Clackmannanshire property which will help to protect our precious wildlife and improve the visual impact. Other tasks might include removing dead shrubs and over hanging branches.	N/A (a) (WG 1/2)
<b>Ben Lomond</b> (10 vols)	Rising from the east shore of Loch Lomond to a height of 974m (3,193ft), Ben Lomond offers exhilarating walking and spectacular views across Loch Lomond & The Trossachs National Park. During this weekend project you will be clearing gorse behind Blairvockie Farm. Gorse, also known as whin in Scotland, is an abundant and fast growing plant that can rapidly form impenetrable thickets. Consequently, in some locations control is required to limit its dominance.	Ben Lomond Bunkhouse (1c) (WG 2/3)
<b>Falkland Palace</b> (12 vols)	Falkland is one of Scotland's finest Renaissance palaces. Come along for the day and help prepare the garden for winter as part of an ongoing renovation project.	N/A (a) (WG 1/2)
<b>Inveresk</b> (12 vols)	Tall trees, fragrant flowers, ponds, wildlife galore – these walled grounds tucked away in the charming village of Inveresk have all the ingredients for garden paradise. During this one day project work might include removing elderberry seedlings and epicormic growth from lime trees, as well as clearing ivy from a boundary wall and an old path.	N/A (a) (WG 1/2)
<b>Christmas Ceilidh</b> The more the merrier!	<b>The Conservation Volunteer Christmas Ceilidh</b> 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 available.	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

**Longest possible distance to toilet facilities from worksite:**

- (a) <10 minute walk;
- (b) 10-30 minute walk;
- (c) >30 minute walk.

**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](mailto:conservationvolunteers@nts.org.uk)

**Lothian CV Group Social Events** - These will be announced at meet-ups and in the email updates.

**Paramo** - [www.paramo.co.uk](http://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 Lothian Group Paramo Representative for further details; email address: [conservationvolunteers@nts.org.uk](mailto:conservationvolunteers@nts.org.uk) This discount is only available to active CVs.

**Regatta Great Outdoors** - [www.regatta.com](http://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](http://www.nts.org.uk/holidays), then email [holidays@nts.org.uk](mailto:holidays@nts.org.uk) or phone 0131 458 0398 to book.

**Under 18's** - We are unable to accept anyone under the age of 18 on projects.

**Leaders and Drivers wanted** - If you're interested in becoming a CV 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 [ntslothiancvs@gmail.com](mailto:ntslothiancvs@gmail.com), for further information.**

**What do 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 is ESSENTIAL! Any volunteer wishing to participate in drystone 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.

**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 SHE Team
- The Property's Safe System of Work.

**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.

### **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.

**Other Conservation Volunteer Groups:** Please visit our website [www.nts.org.uk/Volunteering/Outdoor](http://www.nts.org.uk/Volunteering/Outdoor) to see what other CV Groups are up to this season. Lothian 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.

**REGISTRATION FORMS** can be obtained from Julie Bond. Alternatively you can download a registration form from our website: [www.nts.org.uk/Volunteering/Outdoor](http://www.nts.org.uk/Volunteering/Outdoor)

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

NTS Central Office Contact:

**Julie Bond** (Mon, Weds & Thurs)

**Conservation Volunteer Co-ordinator**

the National Trust for Scotland

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Edinburgh

EH11 4DF

Tel: 0131 458 0315

Email: [conservationvolunteers@nts.org.uk](mailto:conservationvolunteers@nts.org.uk)

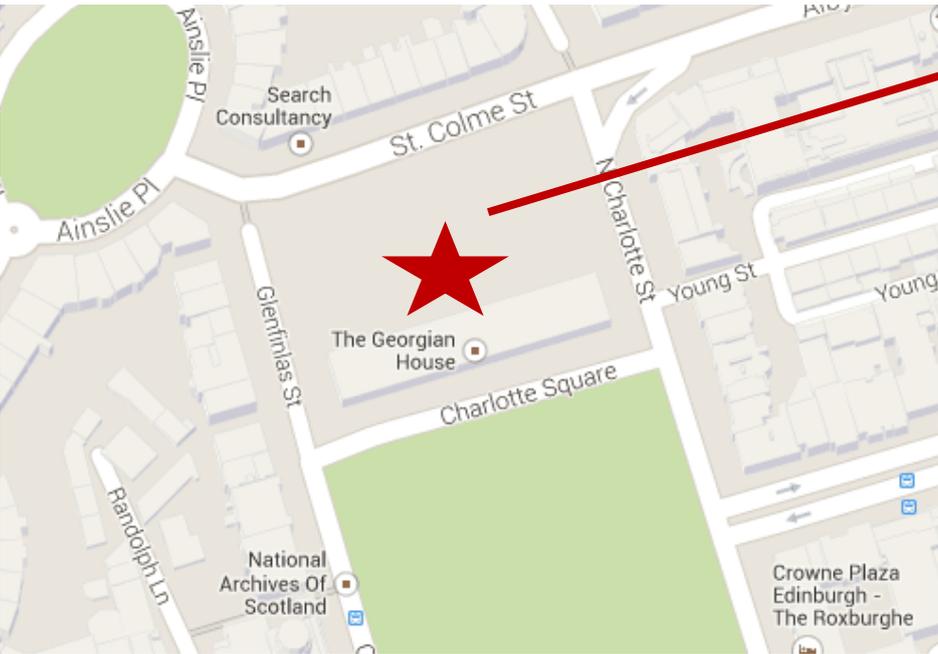
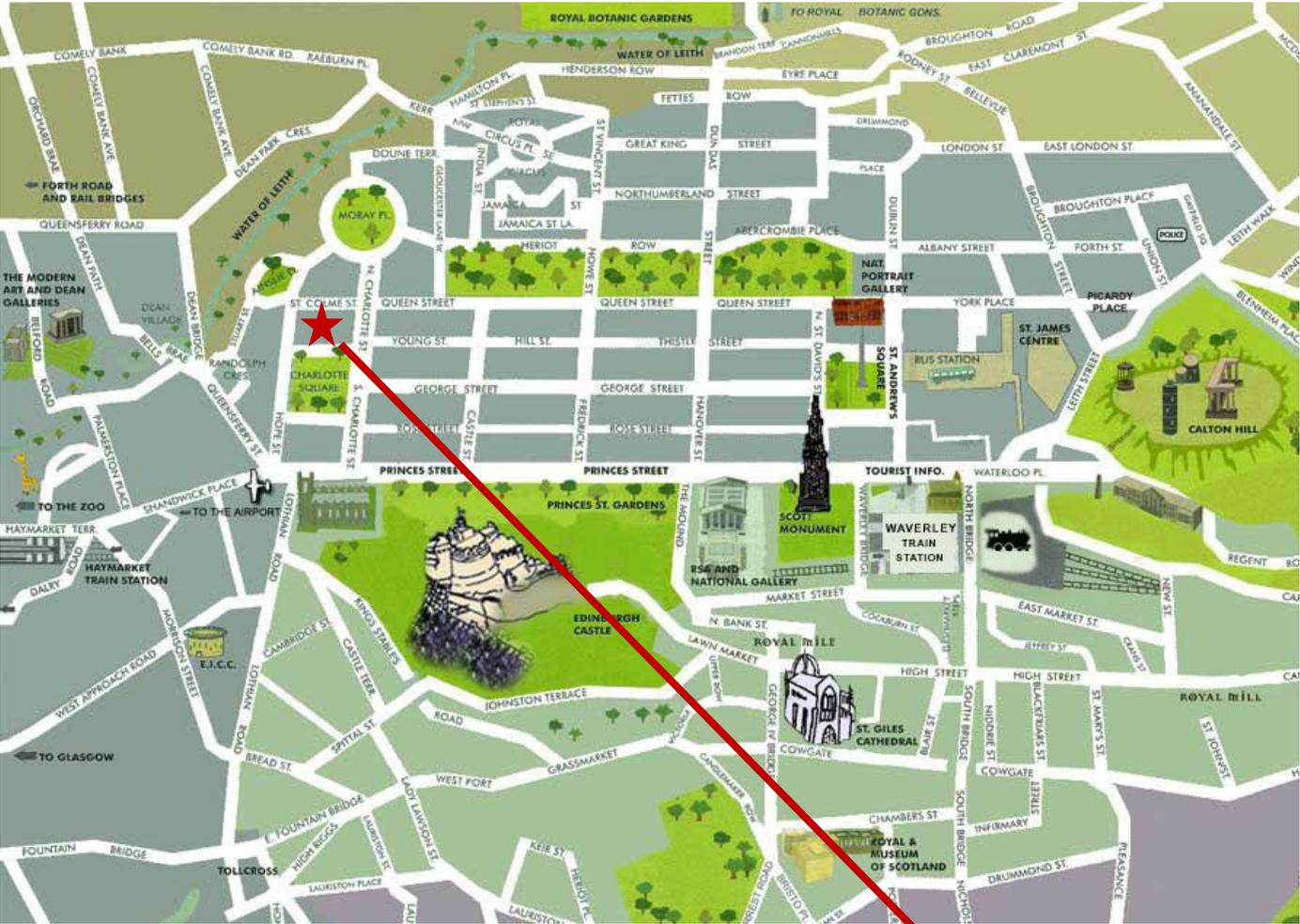
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The National Trust for Scotland for Places of Historic Interest and Natural Beauty is a charity registered in Scotland, Charity Number SC 007410



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# THE LOTHIAN CV GROUP MEETING PLACE FOR PROJECTS



The Lothian Conservation Volunteer Group meeting place for projects is at our Edinburgh tool store which is located at the rear of the Georgian House, 7 Charlotte Square EH2 4DR. To get there from North Charlotte Street, turn left into St Colme Street then immediately turn left and follow the private drive.