



the National Trust
for Scotland
a place for everyone

CONSERVATION VOLUNTEERS GLASGOW GROUP WINTER PROGRAMME



OCTOBER 2009 – APRIL 2010

www.nts.org.uk/volunteering/outdoor or www.glasgowgreener.org.uk

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.

Becoming a CV gives you 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, get 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.

Becoming a Glasgow Group Member

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 enclosing a cheque for £25, made payable to the National Trust for Scotland. *If you are a member of the National Trust for Scotland, you will be exempt from paying this one off fee.* Thereafter, you will receive a Conservation Volunteers' New Member Pack and, if you are not already a member of the Trust, you will also receive details of your NTS membership. As an NTS member, there are many fantastic benefits for you to enjoy:

- Free entry to all our fabulous places of interest throughout Scotland;
- Free entry to properties in the care of the National Trust in England, Wales and Northern Ireland;
- The *Guide to Properties*, our annual member guide listing all of our wonderful places, with travel guidance, opening times, facilities, etc;
- Regular members' magazine, *Scotland in Trust*, an award winning publication that keeps our members up-to-date with what we are doing.

Renewing your NTS membership after the first year is optional. However, if you choose not to renew your NTS membership, you will still remain on the Conservation Volunteers' Glasgow Group Register.

Planning Meetings

All planning meetings take place on the first Tuesday of each month, except in January. They will be held at Adelaide's, a converted Church Hall, at 209 Bath Street (full details of how to get there at the end of the programme). During these meetings future projects will be discussed, leaders and drivers are selected and you will also have the opportunity to book a place on projects. NTS staff attend regularly and slideshows are occasionally given. After the meeting, we usually retire to a nearby pub to relax and chat.

How to Join a Project

If you would like to participate in any of the following projects, you can do so by accessing the Group's local website: www.glasgowgreener.org.uk and by selecting the 'Our Programme' button. If you reserve a place in this way you should receive a confirmation email within several days. Alternatively, please give your name to Victoria Laing at the monthly planning meetings or contact her by telephone on 07746 535 146. The meeting place for all projects is the front entrance of Glasgow Central Station, Gordon Street, G1 3SL. **IF YOU ARE UNABLE TO ATTEND A PROJECT, PLEASE LET THE PROJECT LEADER KNOW SO THAT NO-ONE IS LEFT WAITING FOR YOU.** Please also let the Leader know if you require transport or will make your own way to the project.

October 2009	
Friday 2 – Sunday 4 October	Ben Lomond weekend project, depart at 6.30pm
Tuesday 6 October	Planning Meeting: Adelaide's, Bath Street 7.30pm
Saturday 17 October	Greenbank day project, meet at property for 9.00am
30 October – 1 November	Threave & Rockcliffe weekend project, depart at 6.30pm
November	
Tuesday 3 November	Planning Meeting: Adelaide's, Bath Street 7.30pm Guest Speaker: Alasdair Eckersall , Ben Lomond Property Manager Topic: Ben Lomond
6 November – 8 November	Culzean Castle & Country Park weekend project, depart 6.30pm
27 November – 29 November	Brodick, Isle of Arran w/e project, meet at Ardrossan for 6.00pm Ferry
December	
Tuesday 1 December	Planning Meeting: Adelaide's, Bath Street 7.30pm
11 December – 13 December	Ben Lomond weekend project, depart at 6.30pm
January 2010	
Tuesday 12 January	Planning Meeting: Adelaide's, Bath Street 7.30pm
16 and 17 January	Culross two day project, depart 9.00am each day
23 and 24 January	Kittochside two day project, depart 9.00am each day
February	
Tuesday 2 February	Planning Meeting: Adelaide's, Bath Street 7.30pm
12 February – 14 February	Ben Lawers weekend project, depart at 6.30pm
26 February – 28 February	Culzean Castle & Country Park weekend project, depart 6.30pm
March	
Tuesday 2 March	Planning Meeting: Adelaide's, Bath Street 7.30pm
13 and 14 March	Culzean Coast – MFS Woodland Scheme two day project, depart at 6.30pm
26 March – 28 March	Culloden Battlefield weekend project, depart 6.30pm
April	
Tuesday 6 April	Planning Meeting: Adelaide's, Bath Street 7.30pm
9 April – 11 April	Inverewe weekend project, depart at 6.30pm
23 April – 25 April	Crarae weekend project, depart at 6.30pm

Project Information		Accommodation	Work Grading
Ben Lomond (10 volunteers)	October & December: Ben Lomond rises from the east shore of Loch Lomond. These weekend projects will most likely involve continuing with the campaign against Rhododendron. Possible fencing work – requiring volunteers to walk 1 mile uphill!	Ardess Lodge (2) some beds available	(2 & 3)
Greenbank (3 volunteers only)	We're looking for three DIY enthusiasts to re-roof a garden shed which is badly leaking!	N/A	(2)
Threave & Rockcliffe (10 volunteers)	Work may include hedge laying at Threave, an area which is rich in wildlife, and scrub management and coppicing at Rockcliffe which is one of Scotland's prettiest stretches of coastline.	Ranger Cottage (1) or Countryside Centre (2, no beds)	(2)
Culzean Castle & Country Estate (12 volunteers)	November & February: these weekend projects could involve the following: path work, step and pond construction, together with scrub control.	Farmhouse (1)	(1, 2 & 3)
Brodick (12 volunteers)	A weekend on the lovely Isle of Arran working with the NTS Ranger, Kate Sampson. Work involves rhodie bashing, bog restoration, upland and lowland footpath repair and maintenance, together with assisting in the gardens.	Shore Lodge (1)	(1, 2 & 3)
Culross (12 volunteers)	This picturesque Royal Burgh on the northern shore of the Forth is a complete community, preserved as it was in the 16 th and 17 th centuries. Step back in time and help Gardener, Mark Jeffries, in the gardens.	N/A	(1)
Kittochside Volunteers required? The more the merrier!	Under the supervision of Lindsay MacKinlay, Nature Conservation Adviser, this two day project involves cutting back and burning gorse in order to save the wild flowers of Kittochside. A BBQ will be held on Saturday lunchtime free of charge!	N/A	(2)
Ben Lawers (11 volunteers)	Ben Lawers is the central highlands' highest mountain. This weekend project involves lifting birch from Kiltyrie Wood and replanting on the Tarmachan hill ground.	Lynedoch, Killin (2)	(2/3)
Culzean Coast (10 volunteers)	Try your hand at some tree planting and tree maintenance on woodland scheme along the coastline between Dunure and Croy beach.	N/A	(2)
Culloden (12 volunteers)	Culloden is one of Scotland's most famous battlefields. Come along and help to clear young birch, goat willow and broom from this historic site.	Scottish School of Forestry (3) - showers & drying room available	(2)
Inverewe (12 volunteers)	Help Ranger Rob Dewar remove invasive species from this beautiful Ross-shire property.	Poolewe Village Hall (3) - showers available	(2)
Crarae (12 volunteers)	There will be a variety of work to be done in this lovely garden under the supervision of Nigel Price, Head Gardener. Work involves vegetation clearance & bonfires.	Furnace Village Hall (3)	(2)

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:

1. Low-level work, not too physical
2. Medium, tasks slightly more physical
3. Demanding work (eg footpath repairs/dyking) and could also involve a long walk to the worksite

NB: work descriptions can sometimes change nearer the time.

Additional Information

Joint Committees' Meeting, The Old Granary, Perth, Saturday 14th November 2009: 10.30am – 2.30pm

The purpose of the meeting is for the committees and NTS staff to discuss issues, activities or problems that have arisen over the past six months. Lunch will be provided and travel expenses will be reimbursed if receipts are produced within a month of the meeting date.

First Aid Course: NTS Central Office, Charlotte Square, Edinburgh - Boardroom Saturday 21st November 2009 - Course Instructor: Phil Glennie

The day will start off with tea and coffee at 9.30am; your prompt arrival would be appreciated and comfortable trousers are recommended! At the end of the day all delegates will receive a First Aid Certificate, which is valid for 3 years, together with a First Aid Manual. **Please bring a packed lunch.** A cash subsidised payment of £10 should be given to Phil Glennie on the day. Travelling expenses will be re-imbursed for Leaders, Co-leaders and Drivers. From 1st January 2010 it will be a requirement for all CV Leaders to hold a First Aid Certificate. Please contact Julie Bond at Charlotte Square to book your place (10 spaces available).

'Keeping Christmas at Pollok', Pollok House.

Help required at weekends throughout the month of December!

Any volunteers who would like to help out with the annual Christmas festivities at Pollok House should contact Colin Cockburn on 0141 616 6410.

Leaders Course, House of Dun Basecamp, Fri 2nd April - Sun 4th April 2010

This weekend leaders' course is free and open to all four local groups and is aimed at those who would like to lead or co-lead weekend/day projects or Thistle Camps. You will cover all aspects of leading, tool safety, health & safety, working with people, minibuses driving and catering. The course will be at the House of Dun. If you would like more information or would like to put your name down please contact Julie Bond.

Would you like to join an NTS Bat Group?

Each year, the Trust needs to carry out essential bat survey work to ensure our building works and tree management do not disturb or destroy bats and their roosts on our properties. Due to the legal protection covering bats and their roosts, this type of work is increasing. Lindsay MacKinnay, our Nature Conservation Adviser, is looking to establish a Volunteer NTS Bat Group. Free training will be provided by the Trust and in return you will be expected to help out with survey work on at least 3 nights per year (typically between June and September). If you are interested in joining such a group and/or wish to gain experience of bat work to help get a job in conservation, Lindsay would love to hear from you! Please contact Lindsay Mackinnay on lmackinnay@nts.org.uk or telephone 0844 493 2454.

Glasgow Group Social Events

Please see the Group's local website www.glasgowgreener.org.uk for further details

Paramo - www.paramo.co.uk

The National Trust for Scotland has negotiated a 50% discount with the outdoor clothing company Paramo. For further information, please contact the Glasgow Group Paramo Representative: Victoria Laing - email address: quartermaster@glasgowgreener.org.uk. This discount is only available to active members of the Group.

Arnold Clark Hire All minibuses will be booked through Arnold Clarke Central Reservations. For leaders who would like to arrange pick up/drop off or cancel arrangements, please call 0845 702 3946.

Under 18s On grounds of Health and Safety, our projects are unsuitable for those under 18 years of age.

Leaders and Drivers Leading a project is very worthwhile and good fun. If you are interested, please contact one of the committee at a Planning Meeting. If you would like to drive minibuses for weekend projects you will need to take a Midas minibuses test. This certificated course covers all aspects of safe and defensive minibuses driving and is recognised nationally. The course is free to members of all local CV groups who are over 25 with two years' driving experience. **MIDAS Minibus Training:** To discuss your training needs, please contact Gavin Kennerley, NTS Central Office, by email at gkennerley@nts.org.uk or by telephoning 0844 493 2588.

What to bring: Packed lunch (on day projects only); warm old clothes to work in; wellies and/or boots; waterproofs; full change of clothes; warm sleeping bag; toilet kit and towel; torch; hat, scarf and gloves; personal medication; sun block/hat; midge repellent. **NB: Sturdy footwear is ESSENTIAL! Any volunteer wishing to participate in footpath work or 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.**

What we provide: Transport, accommodation, food (on overnight weekend projects), refreshments (on day projects), crockery, cutlery, tools, work gloves, insurance and first aid kits.

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 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 being developed) 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 Groups' Projects

Glasgow CVs are also welcome on other groups' projects provided there is space available and you arrange your own transport to the pick up point. If you would like copies of other groups' programmes, please contact Julie Bond at NTS Central Office. **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.**

CV GROUP CONTACTS:

Bruce Cowan, Treasurer:

Tel: 07989 883 030 treasurer@glasgowgreener.org.uk

Irene Goldie, Secretary:

secretary@glasgowgreener.org.uk

Lawrence Laing, Tools Officer: Tel: 0141 632 4449

toolsofficer@glasgowgreener.org.uk

Derek Cowan, Health & Safety Officer:

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Jackie Kemp, Social Convenor:

socialconvenor@glasgowgreener.org.uk

Jim Cowan, Website Administrator:

webadmin@glasgowgreener.org.uk

Conservation Volunteers' Co-ordinator

JULIE BOND: 0844 493 2589, NTS Central Office
the National Trust for Scotland
Wemyss House, 28 Charlotte Square, Edinburgh
EH2 4ET

E-mail: jbond@nts.org.uk

Alternative Central Office contact : Jon Downie,
Outdoor Action Co-ordinator 07960 013 489

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

NTS Conservation Volunteers are also affiliated to the British Trust of Conservation Volunteers

Adelaide's, 209 Bath Street, Glasgow



Public Transport

Adelaide's is well placed for public transport into Glasgow.

Train

Intercity trains into Glasgow arrive at either **Central** (trains to/from England & SW Scotland) or **Queen Street** (trains to/from Edinburgh and NE/NW Scotland) Stations, and Adelaide's is only a short taxi journey (£2-3) or a 10-15 minute walk away from both stations.

Charing Cross low level station is 2 minutes walk away.

Bus

Most Intercity buses arrive and depart at **Buchanan Street Bus Station**, which is only a sort taxi ride (£2-3) or a 10-15 minute walk from Adelaide's.

Bus numbers **11, 18, 23, 42, 44, 51, 57** and **59** stop outside our door travelling West; and on Sauchiehall Street (between Pitt Street and Douglas Street) travelling East.

Air

Glasgow Airport is just 8 miles (12 km) from Glasgow City Centre. Adelaide's can be reached by taxi (approx. £15), a regular bus shuttle service to Buchanan Street bus station, or shuttle-bus from the airport to Paisley Gilmour Street for train to Glasgow Central station.

Prestwick Airport is 35 miles (50 km) from Glasgow. A direct train service links Prestwick Airport and Glasgow Central Station.

Car

If travelling West on the M8

(from Stirling/Edinburgh/Carlisle):

Exit from the outside lane at Junction 18 (Charing Cross). Stay in the inside lane, and turn left onto Sauchiehall Street at the first set of lights. At the second set of lights, turn right into Pitt Street. Adelaide's is one block along Pitt Street, on your left at the corner with Bath Street. Street parking (metered) is available locally, and the Guest House entrance is on Bath Street.

If you need to drop off passengers or luggage directly outside the Guest House (Bath Street Entrance), then continue along Pitt Street, turning first left into West Regent Street, left again into Douglas Street, and left again onto Bath Street. Adelaide's is 100 metres down Bath Street on your left. Please observe local traffic restrictions when dropping off.

Parking

Parking : all surrounding streets are free after 6.00pm

If travelling East on the M8

(from Greenock/Kilmarnock (M77)):

Exit from the inside lane at Junction 19 (City Centre). This exit crosses the motorway via a flyover, and becomes Bothwell Street. At the first set of traffic lights, turn left into Pitt Street, and straight across at the next set of lights (St. Vincent Street). 200 m further along Pitt Street, branch right onto West George Street, and turn first left into Douglas Street (at Blythswood Square). Cross over the next junction (West Regent Street) and turn left onto Bath Street at the next junction. Adelaide's is 100 m down Bath Street on your left. Street parking (metered) is available locally, and the Guest House entrance is on Bath Street.

If you need to drop off passengers or luggage directly outside the Guest House (Bath Street Entrance), please observe local traffic restrictions.