



the National Trust  
for Scotland  
a place for everyone

## CONSERVATION VOLUNTEERS GRAMPIAN GROUP WINTER PROGRAMME



October 2009 – April 2010  
[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 carry out practical conservation work for The National Trust for Scotland, throughout 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 Grampian 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' Grampian Group Register.

### Planning Meetings

Planning meetings are held in the **Snuggery at Ma Camerons** on Little Belmont Street with the exception of meetings where there is a guest speaker. In this case they will be at the United Services Association Building, 15 Bon Accord Square, Aberdeen. Meetings are held on the last Wednesday of every month at 8.00pm. Future projects will be discussed, leaders and drivers selected and you will have the opportunity to book a place on forthcoming projects.

## How to Join a Project

If you would like to participate in any of the following projects, please give your name to Sylvie Aikman at monthly planning meetings or contact her by telephone on 07960 740 551. **New volunteers must be registered prior to attending a project.**

**Meeting Places: Day Projects:** you should make your own way to the property, unless you have arranged transport with the project leader in advance. Normally we meet at the car park of the property concerned. Please let Sylvie know if you require transport. **Weekend Projects:** please meet outside Morrison's, King Street in Aberdeen where lifts will be available in cars or a minibus. **IF YOU ARE UNABLE TO ATTEND A PROJECT, PLEASE LET SYLVIE OR THE PROJECT LEADER KNOW SO THAT NO-ONE IS LEFT WAITING FOR YOU.**

## Programme

<b>October</b>	
Saturday 3 <sup>rd</sup> October	<b>Pitmedden</b> one-day project with the Gardeners. Meet at property 9.30am
Sunday 18 <sup>th</sup> October	<b>Crathes</b> one-day project with the Rangers. Meet at property 9.30am
Wednesday 28 <sup>th</sup> October	Planning Meeting. The Snuggery, Ma Camerons, 8.00pm
<b>November</b>	
Sunday 1 <sup>st</sup> November	<b>Leith Hall</b> one-day project with the Rangers. Meet at property 9.30am
Wednesday 25 <sup>th</sup> November	Planning meeting. The Snuggery, Ma Camerons, 8.00pm
Saturday 28 <sup>th</sup> November	<b>Castle Fraser</b> one-day project with the Rangers. Meet at property 9.30am
<b>December</b>	
Wed 9 <sup>th</sup> December	Christmas Meal – venue to be confirmed.
Sunday 13 <sup>th</sup> December	<b>Drum</b> one-day project. Meet at property 9.30am
<b>January</b>	
Saturday 9 <sup>th</sup> January	<b>Leith Hall</b> one-day project with the Rangers. Meet at property 9.30am
Saturday 23 <sup>rd</sup> January	<b>Cragievar</b> one-day project with the Rangers. Meet at property 9.30am
Wednesday 27 <sup>th</sup> January	Planning Meeting. The Snuggery, Ma Camerons, 8.00pm
<b>February</b>	
Saturday 6 <sup>th</sup> February	<b>Drum</b> one-day project with the Gardeners. Meet at property 9.30am
Saturday 20 <sup>th</sup> February	<b>Castle Fraser</b> one-day project with the Rangers. Meet at property 9.30am
Wednesday 24 <sup>th</sup> February	Planning Meeting. The Snuggery, Ma Camerons, 8.00pm
<b>March</b>	
<b>Sunday</b> 7 <sup>th</sup> March	<b>Drum Tree Nursery</b> one-day project. Meet at property 9.30am
Friday 19 <sup>th</sup> - Sunday 21 <sup>st</sup> Mar	<b>Ben Lawers</b> weekend project. Meeting time TBC.
Wednesday 31 <sup>st</sup> March	Planning Meeting & AGM, United Services Building, 8.00pm

## Project Information

**Pitmedden**      **October:** Estate work cutting back trees and shrubs around the car park, picnic area and petanque piste, together with pruning trees on the drive.

**Drum**            **December:** Fence repairs in the Old Wood of Drum.  
**February:** Scrub clearing and bonfire with the Gardeners.  
**March:** A day at Drum Tree Nursery helping Gordon Morris, max 10 volunteers.

**Crathes**        **October:** Essential path maintenance with the Rangers.  
**November:** There's still a few Rhoddies to bash with the Rangers!

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<b>Castle Fraser</b>	<b>November:</b> Tree planting with the Rangers.  <b>February:</b> Helping the Rangers to tidy up the estate after the winter.
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<b>Leith Hall</b>	<b>November/January:</b> Depending on the weather we'll be doing path work on Craigfall or removing red-berried elder.
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<b>Cragievar</b>	<b>January:</b> Helping the Rangers cut back gorse and broom to improve access and help invertebrates and bats.
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<b>Ben Lawers</b>	<b>March:</b> Moving trees from Kiltyrie wood to Tarmachan lower hill and Brashing in Craggantail Wood.
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## **Additional Information and Events**

### **Joint Committees' Meeting, The Old Granary, Perth**

**Saturday 14<sup>th</sup> 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 21<sup>st</sup> 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. Traveling expenses will be re-imbursed for Leaders, Co-leaders and Drivers. From 1<sup>st</sup> 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).

### **Leaders Course, House of Dun Basecamp**

**Fri 2<sup>nd</sup> April - Sun 4<sup>th</sup> 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, minibus 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 Mackinlay, 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 Mackinlay on [lmackinlay@nts.org.uk](mailto:lmackinlay@nts.org.uk) or telephone 0844 493 2454.

**MiDAS Minibus Training** If you would like to drive minibuses for weekend projects you will need to take a MiDAS minibus test. This certificated course covers all aspects of safe and defensive minibus driving and is recognised nationally. The course is free to members of all local CV groups who are over 21 with two years' driving experience. If you have any queries in relation to MiDAS, please contact Gavin Kennerley by email [gkennerley@nts.org.uk](mailto:gkennerley@nts.org.uk) or by phoning 0844 493 2588.

## Paramo - [www.paramo.co.uk](http://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 Grampian Group Paramo Representative: Ranger, Stephen Reeves  
Tel 0844 493 2167 / **E-mail: [sreeves@nts.org.uk](mailto:sreeves@nts.org.uk)** / Mobile: 07764 753 396. This discount is only available to active members of the Group.

**To enhance communication between Grampian CVs, why not register with the Group's forum:**

<http://grampian.netsons.org/cv/news.php>

### What to bring with you



Tough old clothes to work in/ Full change of clothes  
Hat, scarf & gloves  
Personal medication  
Torch  
Lunch box/water bottle  
Sunscreen/insect repellent  
Wellies and/or boots  
Warm sleeping bag (if required)  
Waterproofs  
Toilet kit/Towel



**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 will be a limited supply of Wellingtons with steel toecaps available for use.**

### What we provide

Food (weekend projects only) and 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 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 Team
- 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

All members of Grampian Group are also welcome on other groups' projects if there are spaces available and if you arrange your own transport to the site or pick-up point. If you would like copies of other groups' programmes, please contact Julie Bond at 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](http://www.nts.org.uk/volunteering/outdoor)

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

Thereafter, to book onto a project please telephone the Grampian Group contact, **Sylvie Aikman** on Tel: 07960 740 551 / [childoftheforestorama@gmail.com](mailto:childoftheforestorama@gmail.com)

### **NTS Regional Contact:**

Stephen Reeves - Rangers' Office  
Crathes Castle  
BANCHORY  
Kincardineshire AB31 3QJ  
Tel 0844 493 2167 / **E-mail: [sreeves@nts.org.uk](mailto:sreeves@nts.org.uk)**  
Mobile: 07764 753 396

### **For General info - Central Office:**

Julie Bond  
Conservation Volunteers' Co-ordinator  
The National Trust for Scotland  
Wemyss House  
28 Charlotte Square  
Edinburgh, EH2 4ET

Tel: 0844 493 2589

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