



the National Trust
for Scotland
a place for everyone

CONSERVATION VOLUNTEERS HIGHLAND GROUP



WINTER PROGRAMME
DECEMBER 2016 – MAY 2017

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.

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 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.

Becoming a Highland CV 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). A one off £25 registration fee is payable, unless you are already a member of the National Trust for Scotland. Thereafter, you will receive a Conservation Volunteer 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 Volunteer Highland Group Register. You will remain on the register 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.**

NB: Sturdy footwear essential, unless otherwise stated.

December 2016	
Saturday 3 & Sunday 4	Brodie Castle two day project – depart 9.00am each day
January 2017	
Saturday 28	Culloden Tool Store Morning – meet at Tool Store, 10.00am until Midday
February	
Friday 17 – Sunday 19	Kintail weekend project – depart 6.30pm Friday evening
March	
Saturday 4	Culloden Battlefield – meet at property 9.00am
Friday 17 – Sunday 19	Glencoe weekend project – depart 6.30pm Friday evening
April	
Friday 7 – Sunday 9	Torridon weekend project – depart 6.30pm Friday evening
Friday 28 – Sunday 30	Glencoe weekend project – depart 6.30pm Friday evening
May	
Friday 12 – Sunday 14	Ben Nevis weekend project – depart 4.30pm Friday evening
Saturday 27	Balmacara day project – depart 8.00am

Project Information	Accommodation
<p>Brodie Castle (12 vols)</p> <p>This 16th century tower house was the ancestral home of the Brodie clan for over 400 years. Work duties will be confirmed nearer the time, but it is likely you'll be spending the weekend in the Shrubbery with a promise of mince pies at tea-break! You will also have the opportunity to explore the Christmas Craft Fair (WG 1 & 2).</p>	N/A
<p>Culloden (4 & 12 vols)</p> <p>January: CV Leader Ian Williams needs your help to get the tool store in good shape for the year ahead! (WG 1)</p> <p>March: There's an old Chinese proverb; the best time to plant a tree is 20 years ago, but the second best time is now! Come along and plant some trees which will create a natural screen at this historic battlefield (WG 2).</p>	N/A
<p>Kintail (12 vols)</p> <p>Kintail – a wonderland of rugged beauty! Here's another opportunity to put your dry-stone walling skills to good use. You'll be helping to repair stone walls dating back to the early 19th century, which are still important for crofting today. If you haven't been involved in this type of work before, there will be plenty of experienced volunteers on hand to guide you. There may also be an opportunity to participate in some fencing work (WG 3). Steel toe capped boots required.</p>	Kintail Outdoor Centre (1)

Glencoe
(16 & 12 vols)

March: Fancy spending the weekend in Glencoe? Sadly, this magnificent stretch of land isn't always given the respect it deserves. NTS staff and members of the local community need your help to clear litter alongside the A82. On Saturday evening your efforts will be rewarded with a BBQ (WG 1, litter-pickers provided).

April: On your second visit to this wonderful property, you'll be helping to clear invasive *Rhododendron ponticum* in the woodland exclosures at Dalness, Glen Etive and in the An Torr woodland at Glencoe. *Rhododendron ponticum* will out compete most native plants, resulting in loss of wildlife. No doubt you'll also be lighting a bonfire or two! (WG 2)

Alpine Bunkhouse,
Glencoe Independent
Hostel (both events)
(1)

Torridon
(10 vols)

With some of the most spectacular mountain scenery in Scotland, Torridon is a magnet for walkers, geologists and naturalists. During this weekend project you'll be removing a *Rhododendron ponticum* hedge, and replacing it with *Rhododendron* cultivars (WG 2).

Mol Mor Basecamp
(1)

Ben Nevis
(10 vols)

Feeling adventurous? The Nevis Landscape Partnership needs your help with some light footpath maintenance on the North Face of Britain's highest mountain! You will need to be hill-walking fit for this project (WG 3+). **Steel toe capped boots may be required. Please check with your CV Leader beforehand.**

Charles Inglis Clark (C.I.C.)
Memorial Hut,
Ben Nevis
(2)

Balmacara
(12 vols)

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.**

N/A

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

Conservation Volunteer Leader Training Course: Friday 17 – Sunday 19 February 2017

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.

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 CVs.

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.

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.

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. This form is also available as a download on www.nts.org.uk/Volunteering

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

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Find us on Facebook <http://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

NTS Conservation Volunteers are affiliated to The Conservation Volunteers (TCV)



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