



the National Trust
for Scotland
a place for everyone

CONSERVATION VOLUNTEERS LOTHIAN GROUP

WINTER PROGRAMME



OCTOBER 2009 – APRIL 2010

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 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 Lothian 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' Lothian Group Register.

Planning Meetings

Planning meetings take place on the first Monday of each month (unless stated otherwise). Future projects will be discussed, leaders and drivers selected and you will have the opportunity to book a place on forthcoming projects. Social events are also discussed/arranged and guest speakers are sometimes invited to give a slideshow afterwards. Please note that all planning meetings will be held in the Boardroom of No. 28, Charlotte Square at 7.30pm.

How to Join a Project

If you would like to participate in any of the following projects, please give your name to Peter Coutts at the monthly planning meetings or contact him by telephone on 01968 674 514 (home). Please note that if you leave a message, your name will be taken but you will not receive a return call until a few days before the project and then only if there is a place on that project for you. **IF YOU ARE UNABLE TO ATTEND A PROJECT, PLEASE LET PETER OR THE PROJECT LEADER KNOW SO THAT NO-ONE IS LEFT WAITING FOR YOU. Please also let them know if you require transport or will make your own way to the project.** Project lists are opened 2 or 3 meetings before the project. Meeting place for projects is behind No 5 Charlotte Square in Edinburgh. Please see attached map at the end of this programme.

October 2009	
Fri 2 – Sun 4 October	Inverewe weekend project, depart 6.00pm
Monday 5 October	Planning Meeting, 28 Charlotte Square, 7.30pm
Sat 24 & Sun 25 October	Newhailes day projects, depart 9.00am each day
November	
Monday 2 November	Planning Meeting, 28 Charlotte Square, 7.30pm Guest Speaker: Lindsay MacKinlay, NTS Nature Conservation Adviser Topic: NTS Properties – A Bat Paradise
Sat 7 & Sun 8 November	Priorwood day projects, depart 9.00am each day
Fri 27 – Sun 29 November	Ben Lawers weekend project, depart 7.30pm
December	
Saturday 5 December	Social Christmas Meal, venue TBC
Monday 7 December	Planning Meeting, 28 Charlotte Square, 7.30pm
Saturday 12 December	Falkland Palace day project, depart 9.00am
Sunday 13 December	Dollar Glen day project, depart 9.00am
January 2010	
Monday 11 January	Planning Meeting, 28 Charlotte Square, 7.30pm Guest Speaker: Stephen Reeves, NTS Ranger Topic: Aberdeenshire Rangering
Sat 16 & Sun 17 January	House of the Binns day projects, depart 9.00am each day
Fri 29 – Sun 31 January	House of Dun weekend project, depart 7.30pm
February	
Monday 1 February	Planning Meeting, 28 Charlotte Square, 7.30pm
Saturday 6 February	Social event TBC
Fri 19 – Sun 21 February	Threave & Rockcliffe weekend project, depart 7.30pm
Fri 26 – Sun 28 February	Ben Lomond weekend project, depart 7.30pm
March	
Monday 1 March	Planning Meeting & AGM, 28 Charlotte Square, 7.30pm Guest Speaker: John Muir Trust Topic: Wild Land & Wild Places
Saturday 13 March	Newhailes day project, depart 9.00am
Sunday 14 March	St Abbs & Eyemouth VMR day project, depart 9.00am
Fri 26 – Sun 28 March	Brodick weekend project, depart 2.30pm
April	
Fri 9 – Sun 11 April	Crarae weekend project, depart 7.30pm
Monday 12 April	Planning Meeting, 28 Charlotte Square, 7.30pm
Saturday 17 April	Social walk along the Water of Leith
Sat 24 & Sun 25 April	Priorwood day projects, depart 9.00am each day

Project Information

Inverewe	Help Ranger Rob Dewar remove invasive species from this beautiful Ross-shire property.	Poolewe Village Hall (3c – showers available)
Newhailes	Help ranger and estate staff in this historic designed landscape, just outside of Edinburgh. Continuing your good work reducing vegetation on Ladies' Walk and possibly some fencing.	N/A (a)
Priorwood Max 12 vols	Visit this beautiful Melrose garden to assist in removing ivy from the woodland floor, so that new plantings can take place, and help with other garden work.	N/A (a)
Ben Lawers Max 11 vols	You will be helping move young trees from Kiltyrie Wood to plant them out on Tarmachan Lower Hill. If the weather is unfavourable, there will be brash removal in Craggantoul Wood instead.	Lynedoch, Killin (2c)
Falkland Palace	Help gardener Sonia in this lovely Fife garden. You will be clearing up leaves, cutting back herbaceous plants and spreading compost so that the garden is more beautiful than ever come spring.	N/A (a)
Dollar Glen	This property urgently needs some TLC so you will be maintaining footpaths by stabilising path edges, repairing steps and removing redundant fencing.	N/A (c)
House of Binns	Work TBC nearer the time but could include footpath maintenance, litter clearance and thinning of the woodland belt worked on last winter.	N/A (a/b)
House of Dun	House of Dun has had a busy season and now the footpaths are in need of a bit of repair. There will also be woodland work to carry out.	House of Dun Basecamp (1)
Threave & Rockcliffe 10 vols only	This is a popular CV location in Dumfries and Galloway. You could be continuing with the hedge laying project at Threave or helping manage scrub and coppicing at Rockcliffe.	Countryside Centre (3 – showers available) or Rangers Cottage, Threave (2c)
Ben Lomond 10 vols only	The massive task of clearing rhododendron at Ben Lomond has been very successful; come and help Alasdair finish it off!	Ardess Lodge (1/2c)
St Abb's & Eyemouth VMR	Help keep the beaches clean and safe for wildlife. Beach cleaning and surveying the litter will be the order of the day.	N/A (c)
Brodick 12 vols only	A real favourite for many volunteers. Take a trip to Arran for a mixed bag of work including rhodie bashing, bog restoration, footpath work and helping in the gardens.	Shore Lodge (1c)
Crarae	Join Nigel Price for some rhodie bashing and burning of debris in Crarae's lovely forest garden.	Furnace Village Hall (3c)

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.

Additional Information & Events

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. 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.

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, 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 or telephone 0844 493 2454.

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 Lothian Group Paramo Representative **Hannah Levene** for further details; email address: hlevene@nts.org.uk. This discount is only available to active members of the Group.

Yahoo! To enhance communication between Lothian CVs, why not register with the Group's Yahoo site: <http://groups.yahoo.com/group/lothiantscvs> For further information please contact Peter Couotts.

Under 18s

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

Leaders and drivers wanted

Leading a project is very worthwhile and good fun. If you are interested, please contact Peter Couotts. 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. **Please Contact Catriona Murray, Health & Safety/Training Officer, if you are interested in the MiDAS training.**



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/hat; packed lunch - for day projects only. **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 (weekend projects only), 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
- 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 Groups' Projects: All members of Lothian Group are also welcome to join other Groups' projects if there are spaces available and if you can 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

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

Thereafter, to book onto a weekend project please call the Lothian Group Contact, **Peter Coutts** on 01968 674 514 (home).

NTS Regional Contact:

Hannah Levene Lothian Area Ranger

National Trust for Scotland

Stable Block,

Newhailes EH21 6RY

Tel: 0844 493 2124 / Mob: 07748 766 794 (in office hours) / hlevene@nts.org.uk

NTS Central Office Contact:

Julie Bond

Conservation Volunteers Co-ordinator

The National Trust for Scotland

28 Charlotte Square

EDINBURGH

EH2 4ET

Tel: 0844 493 2589 / jbond@nts.org.uk or
Conservationvolunteers@nts.org.uk

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