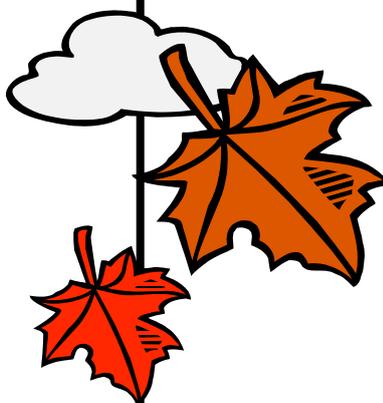




the National Trust
for Scotland
a place for everyone



**CONSERVATION VOLUNTEERS
LOTHIAN 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 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.

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. 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 Lothian Group Register. You will remain on the register providing you attend at least one project every three years.

Planning Meetings

Bi-monthly Planning meetings 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 after the meeting.

How to Join a Project

If you would like to participate in any of the following projects, please email the Lothian CV Group at ntsllothiancvs@gmail.com with the name of the project and date in the subject line or sign-up at planning meetings. 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 5 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.

December 2016	
Saturday 3 & Sunday 4	Malleny Garden day projects, depart 9.00am each day
Monday 12	Planning Meeting/Social: Edinburgh Quaker Meeting House, 7 Victoria Terrace, 7.30pm Guest Speaker: Anna Canning, Floramedica – 'People, Plants & Places'
January 2017	
Saturday 14 & Sunday 15	St Abb's Head day projects, depart 9.00am each day
Friday 27 – Sunday 29	Threave Nature Reserve weekend project, depart 6.30pm
February	
Saturday 11	David Livingstone Centre day project, depart 9.00am
Sunday 12	Newhailes Estate day project, depart 9.00am
Monday 20	Planning Meeting/Social: Edinburgh Quaker Meeting House, 7 Victoria Terrace, 7.30pm Guest Speaker: SSPCA Community Outreach Officer – 'SSPCA'
Saturday 25 & Sunday 26	Harmony Garden day projects, depart 9.00am each day
March	
Friday 3 – Sunday 5	Balmacara Estate weekend project, depart 6.30pm
Friday 17 – Sunday 19	Ben Lomond weekend project, depart 6.30pm
Friday 31 – Sunday 2	Brodick Country Park & Goatfell weekend project, depart 2.30pm
April	
Saturday 8 & Sunday 9	House of the Binns day projects, depart 9.00am each day
Monday 24	Planning Meeting/Social: Edinburgh Quaker Meeting House, 7 Victoria Terrace, 7.30pm Guest Speaker: Ben Lomond Ranger Service – 'The Wonders of Ben Lomond'
May	
Friday 19 – Sunday 21	Rockcliffe Nature Reserve weekend project, depart 6.30pm

Project Information	Accommodation
Malleny Garden (12 vols) Renowned for its peaceful atmosphere, Malleny is the place to come for quiet contemplation. Come along and help to clear an overgrown area of this beautiful garden.	N/A (a) (WG 1/2)
St Abb's Head (10 vols) Fresh sea air and epic views make this cliff-top beauty spot feel remote and wild – but it's just up the road! Cutting and burning gorse will be on the agenda this weekend.	N/A (c) (WG 2)
Threave Nature Reserve (10 vols) Here's another opportunity to put your dry-stone walling skills to good use. If you haven't been involved in this type of work before, there will be experienced volunteers and staff on hand to guide you. Steel toe capped boots required.	Barncrosh Holiday Cottage (1c) (WG 3)
David Livingstone Centre (12 vols) On this project you'll help with vital work to get the property ready for the new season. There will be general gardening and tidying to do, plus removal of overgrown trees and shrubs to prevent excessive shading in the Explorer's Garden.	N/A (a) (WG 1/2)
Newhailes (12 vols) Snowberry (<i>Symphoricarpos albus</i>) is a 1-3m high shrub with distinctive white berries which forms dense thickets in woodland. Our Lothian Ranger needs your help to remove this invasive species, which was introduced to Scotland in the early 20 th century.	N/A (b) (WG 2)

Harmony Garden (10 vols)	To ensure the Harmony Garden's fruit trees maintain their shape, the Gardeners need your help with some pruning. If there's time you'll also be helping to cut back some shrubbery.	N/A (a) (WG 1/2)
Balmacara Estate (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 open moorland. Steel toe capped boots may be required. Please check with your CV Leader beforehand.	Kintail Outdoor Centre (1c) (WG 2/3)
Ben Lomond (10 vols)	Close to 30,000 walkers climb Ben Lomond every year, making it one of the most popular summits in Scotland! During this weekend project you'll be helping with low level footpath maintenance and <i>Rhododendron</i> clearance. Steel toe capped boots may be required. Please check with your CV Leader beforehand.	Ardess Lodge Bunkhouse (1c) (WG 2/3)
Brodick Country Park & Goatfell (14 vols)	Work will be confirmed nearer the time, but is likely to include tree planting, footpath work, rhodie bashing and conifer clearance. Hill work requires a good level of fitness and all tasks require warm waterproof clothing. Steel toe capped boots may be required. Please check with your CV Leader beforehand.	Shore lodge (1c) (WG 2/3)
House of the Binns (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. A varied workload will be on the cards this weekend; you'll be assisting with footpath maintenance, sowing grass seed, planting bulbs and tidying the car-park area. Steel toe capped boots may be required. Please check with your CV Leader beforehand.	N/A (c) (WG 2/3)
Rockcliffe Nature Reserve (10 vols)	Rockcliffe is one of Scotland's prettiest coastlines, stretching along the Solway Firth. Come along and help out with some essential footpath maintenance to ensure our visitors have a safe and enjoyable experience. Steel toe capped boots may be required. Please check with your CV Leader beforehand.	Barncrosh Holiday Cottage (1c) (WG 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

Falkland Palace Christmas Event - Saturday 17 & Sunday 18 December 2016

If you're free to help out with some stewarding/serving refreshments etc, please contact gardener Susan at sthores@nts.org.uk

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.

Lothian CV Group Social Events - These will be announced at planning meetings and in the email updates.

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 Lothian Group Paramo Representative for further details; email address: swhittaker@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 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 ntsllothiancvs@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. This form is also available as a download on www.nts.org.uk/Volunteering

Other Conservation Volunteer Groups: Please visit our website 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 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.

NTS Regional Contact:

Stuart Whittaker

Lothian Area Ranger

the National Trust for Scotland

Stable Block

Newhailes

EH21 6RY

Tel: 07748 766 794 (in office hours)

Email: swhittaker@nts.org.uk

NTS Central Office Contact:

Julie Bond (Mon, Thurs & Fri)

Conservation Volunteer Co-ordinator

the National Trust for Scotland

Hermiston Quay

5 Cultins Road

Edinburgh

EH11 4DF

Tel: 0131 458 0315

Email: conservationvolunteers@nts.org.uk

Find us on Facebook <http://www.facebook.com/NTSVolunteering>

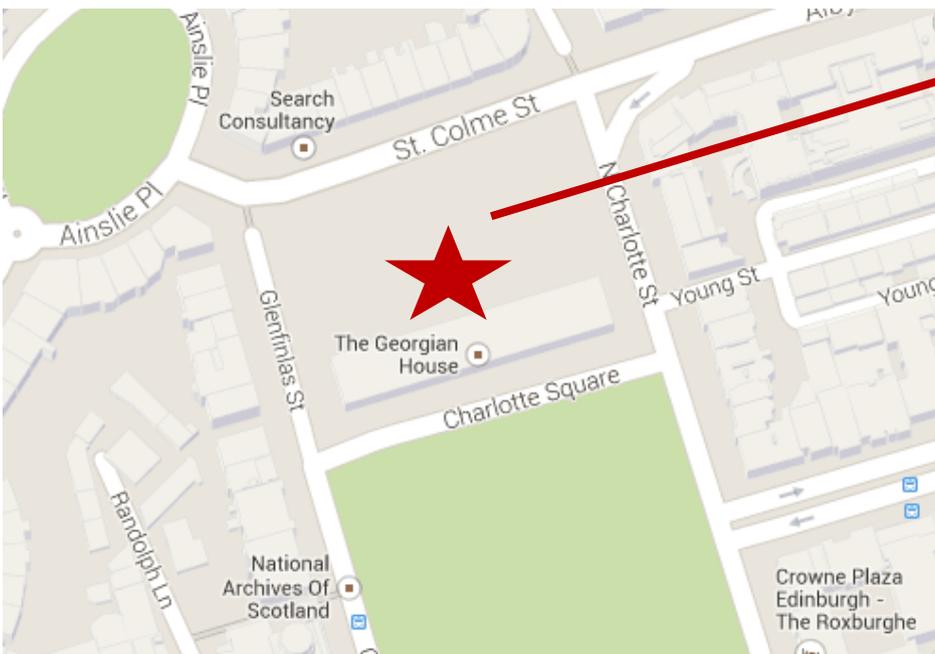
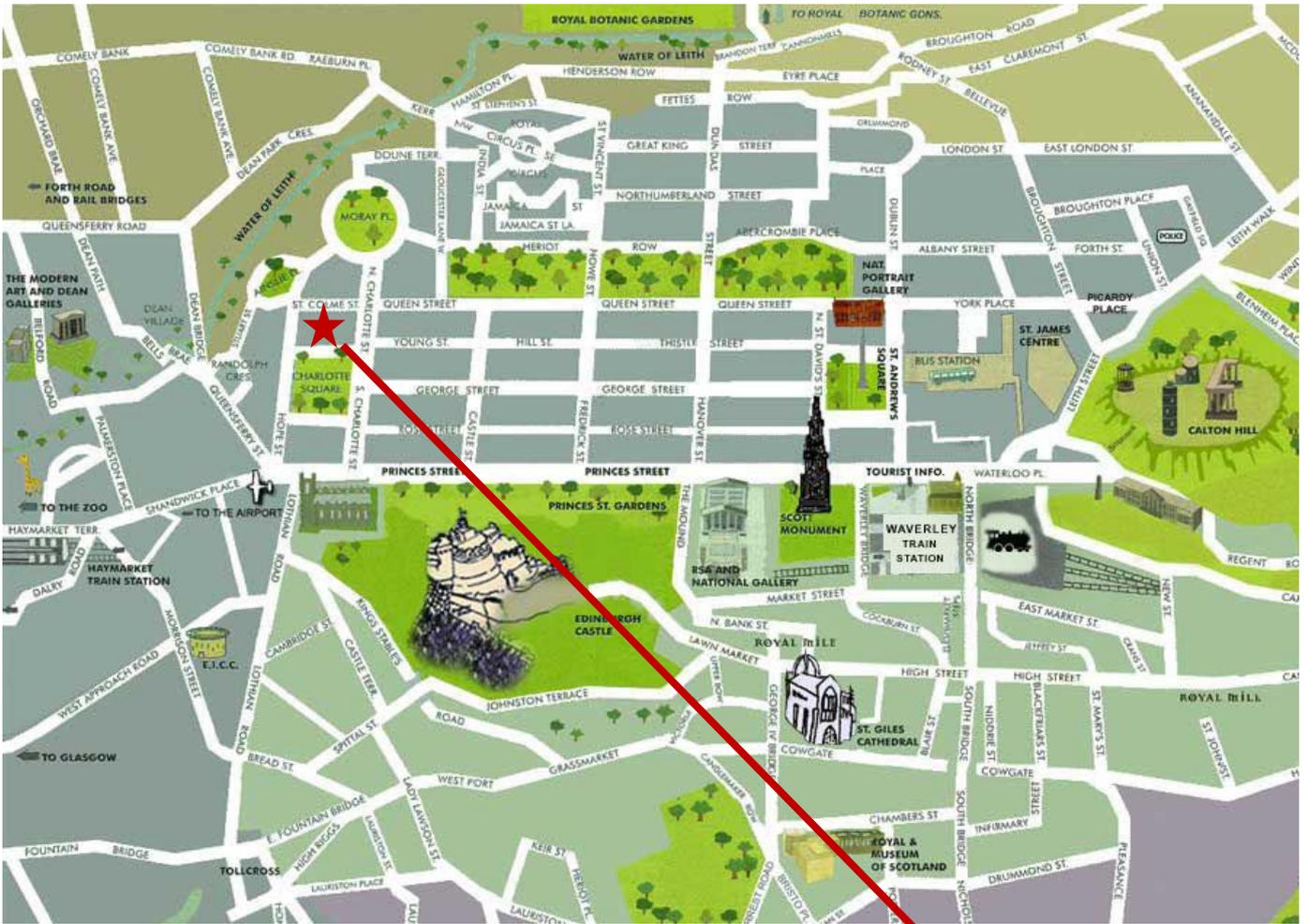
The National Trust for Scotland for Places of Historic Interest and Natural Beauty is a charity registered in Scotland, Charity Number SC 007410

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



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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.