

Scourie News

March 2019

Edition 153

Dates for March

Tues 5th Refuse bins
Tues 12th Recycling bins
Mon 18th / Tues 19th Schools closed
Tues 19th Refuse bins
Wed 20th In-service day for school staff
Tues 26th Recycling bins



We're hiring!

****Transformation Officer ****

The North West Highlands UNESCO Global Geopark is currently seeking a hard-working individual to support the Geopark Coordinator.

Duties will include providing business support, carrying out research and analysis to build organisational capacity and helping to recruit volunteers. The successful applicant will have good organisational skills and social media literacy as they will be required to book and coordinate training courses for volunteers and handle the Geopark's Facebook, Twitter and Instagram feeds. For a job description or if you have any queries, please contact Laura Hamlet:

laura@nwhgeopark.com

If you wish to apply, please send a CV and covering letter by the 8th of March 2019.

This position is fixed term for 12 months at 8 hours per week. More hours might be available if further funding is secured. Salary is £18,720 pro rata and will be paid monthly.

Robert and Angus would like to thank all who attended their recent birthday celebration at The Anchorage. Through your contributions and that of others unable to attend an astonishing sum of £1175.01 has been raised and shared equally between Macmillan Cancer Support and Highland Hospice. A special thank you is extended to Valerie and her staff for exceptional catering which was greatly appreciated and to Donnie, Marty and Morgan for the great music that kept everyone entertained throughout the evening. Thank you all once again for ensuring that our joint celebration was such a special one.



Plans are already taking shape for 2029!!

An Open Letter to the People of Scourie from Mungo, Dave, Rabbit, Molly, Alfie, Merlin, Pudding, Socks, Henry and Piggy Richards

We are upset that someone has reported us to the SPCA for being locked out of our home, not being neutered, having weeping eyes and sleeping in other peoples' gardens. The truth is we are not allowed out at night, the house window is kept open during the day, we are all neutered and healthy and we don't travel far afield - especially not to Moffat Square where some cats are a bit rough and unneutered! We dine on Whiskers meat and biscuits. Not a bad life really! We can't understand the malice of some humans.

Signed The Tribe



With the help of the Scourie Hall Committee, we have decided to start a craft/food market in the Scourie village hall. The Market will be on the following Thursdays starting at 10:00 am and finishing at 2:30 pm.

18th April

2nd / 9th / 23rd May

6th /13th /27th June

11th / 25th July

8th/ 22nd August

5th /19th / 26th September

3rd October

We are looking for local crafters, who make high quality crafts or food growers/producers who again make or grow their own produce. **Sorry NO JUMBLE.**

All applicants **must have combined liability insurance.** Product, Public and if required employer liability (if you have someone selling for you).

You can buy this on-line and it is cheap! or talk to Iona.

NO EXCEPTIONS ALL STALL HOLDERS MUST HAVE INSURANCE.

If you are interested please e-mail the details of your product to highlandcharcute@gmail.com and we will send you a form to fill out.

Items for sale

Electrical appliances (White) -

Good condition – light usage - user manuals -
** Free standing – suitable under worktop

Electric cooker : Zanussi Model: ZCV 48300
£ 150

Ceramic Hob – 4 elements Knob controls

Double oven: Top: 37 ltrs. + grill

Bottom: 72 ltrs + fan

Bgt: J Lewis - Mar 2015

Larder fridge ** : Zanussi Model: ZFC 56L
£ 60

Vol: G. 160 ltrs Net: 154 ltrs Bgt: J Lewis - Jun 2015

Freezer ** : Fridgemaster Model: MTR 298
£ 40 Vol: 110 ltrs

Larder fridge ** : Indesit Model: TLA 1
£ 30 Bgt: Hydro-Electric - Mar 2007

Microwave Oven : Samsung Model: M 1714
£ 30 Free standing - Vol: 20 ltrs
Bgt: Currys - Feb 2015

Armchair winged – blue cushions £ 60

Wooden struts and arms - stained dark brown & varnished. Comfortable – Rubber under seat supports replaced recently (nb: twin second chair may be available in future)

Kitchen worktop and units £ 0
Free for the taking

4 Worktops: Light yellow formica

Width: All 60 cms

Length: 1 x 205 cms 1 x 169 cms 1 x 63 cms
1 x 60 cms

3 under worktop cupboards. L: 1 x 120 cms
2 x 60 cms

1 under sink cupboard L: 1 x 120 cms

2 Wall cupboards: L: 2 x 100 cms W: 29 cms

Contact: Christine MacDonald on 502010

Delivery: By arrangement.

A Stronger UNESCO Global Geopark thanks to the National Lottery Heritage Fund



Scotland's first UNESCO Global Geopark in the North West Highlands has received a National Lottery Heritage Fund grant of **£50,400** for an exciting heritage project, to Strengthen its management and future resilience.

Made possible by money raised by National Lottery players, the project is very business focused and will ensure our management team has the right skills to become a more entrepreneurial entity, raising its own core funding. In the current economic climate all charities must meet the challenges of core funding head on and the North West Highlands Geopark is no exception. Thanks to Lottery players, we now have the opportunity to upskill our staff and volunteers and become a stronger organisation better able to manage the astounding geological heritage of the North West Highlands. We will be seeking new volunteers to enhance our already enthusiastic team and offering training to develop skills locally. In addition, we are actively recruiting a transformation officer to support the delivery of the project.

The North West Highlands was awarded UNESCO Global Geopark status in 2015 following ten years of hard work by its communities. This was in

recognition of the region's unique three billion year geological story and its international contribution to science and culture, but also the willingness of the community to look after its heritage and do what they can to manage it appropriately. The UNESCO accolade comes with no additional regulations for land owners but neither does it bring automatic funding to the management team which is why this project is so important to the future safeguarding of this internationally important heritage.

Commenting on the award, Geopark Chair, Michael Simpson said: "We're delighted that we've received this support thanks to National Lottery players. The Geopark team are passionate about the value of our heritage, its contribution to the identity of the region and the opportunities it gives for education, tourism and scientific research. As a UNESCO site we believe in the values of sustainable development, which we define as development that meets the needs of the present, without compromising the ability of future generations to meet their own needs. This project will allow us to focus on forming new inclusive partnerships, transforming our skillsets and becoming a good example of how to manage a region collectively for the benefit of future generations." Geopark Coordinator Dr Laura Hamlet added "I am thrilled that we have practical support from the National Lottery Heritage Fund to ensure the future resilience of our Geopark. We'd encourage everyone to keep up to date with announcements in the press, our website and social media channels as we will be looking for volunteers and promoting new activities and training opportunities. In the meantime please consider joining our "[Friends of the Geopark](#)" scheme to make a regular donation to support our work."

Ríona McMorrow, Acting Head of The National Lottery Heritage Fund Scotland, said: "Resilient Heritage allows the heritage sector to build financial independence and resilience in a changing economic landscape of reduced public funding. It provides a tailored package of support that responds to the individual needs of organisations such as North West Highlands Geopark so, thanks to National Lottery players, they can not only survive in these challenging financial times, but thrive."



POLICE
SCOTLAND
Keeping people safe
POILEAS ALBA

High Life Highland Countryside Rangers

A short walk into nature,
Lochinver

Police Scotland want to hear from the public and our partners about how we shape the service that we provide.

In 2017 we agreed a ten year strategy for how we want to build a sustainable service able to adapt to the needs of a changing Scotland. Since then, we have been planning for and delivering change, whilst continuing to provide the local and specialist services that keep people safe.

Each year we are required to publish an Annual Police Plan which sets out our operational priorities for the year ahead.

This year we will enhance that, by bringing together the work we do locally and nationally across all our functions with our change activity, into one plan covering the next three years.

This will show how all the parts of the service come together to make a positive impact for policing and society and to keep people safe across Scotland against a set of strategic outcomes.

As part of our ongoing engagement, we are looking for opinions from people across Scotland on our proposed outcomes, our approach, and how you want to be involved in working with us to continue to shape future services. We are also keen to hear your views to help shape our future strategies in respect to prevention and public contact and engagement.

Your opinions will help us to make sure that our plan fits with expectations and enables continued collaboration, and that we identify any areas of the plan that require to be amended or strengthened. Our plan will be laid before the Scottish Parliament by the end of March.

The survey will be open until 18 March 2019.

To take part, please visit:

<https://consult.scotland.police.uk/consultation/2019shape>

Thank you.

Why not join a few of us for some nature therapy: some leisurely exercise, friendly company, great views, and fresh air.

Monday 11th March; 11-11.30am

Monday 25th March; 11-11.30am

Monday 8th April; 11-11.30am

Monday 29th April; 11-11.30am

Meet at the Lochinver Mission (An Cala Café) on a short and slow-paced walk in the Culag woods or somewhere nearby to look for signs of Spring. These walks are aimed at folk who don't wish to undertake longer more demanding walks but would still like to get out in the fresh air for a short period. All of our 'short walks into nature' series are flat, under an hour in length and suitable for all abilities and levels of fitness. Distances will be approximately 1 km/0.5miles.

You will need to book on these events by going to <http://www.highlifehighland.com/rangers/upcoming-events/>

Alternatively, you can give Andy a ring on 01571 844654 and he can book you on over the phone.

North West Training Centre
Kinlochbervie High School
Manse Road, Kinlochbervie
By Lairg, Sutherland IV27 4RR
Tel: 01971 521238 Regd. Charity SC019802



Elementary Food Hygiene

Tuesday, 26 March 2019
9am-4pm, Scourie Village Hall

This one-day course provides a general introduction to Food Hygiene and satisfies the requirements of the Food Safety Act and other associated legislation.

- Food Pests, Bacteria
- Food Premises, Equipment and Utensils
- Food Poisoning, Cleaning and Disinfection
- Personal Hygiene
- Record Keeping
- Food Hygiene Law



The course concludes with an examination, after which you will receive an industry recognised REHIS certificate of achievement



valid for three years. The fee is just £85 per person and a discount may be available if you have attended this course previously with us.

For more information or to book a place on this course please contact Gary Sutherland on 01971 521238 or email northwest.tc@outlook.com



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German for the Hospitality Industry

Saturday, 23 March 2019, 10am-4pm, Kinlochbervie

Do you run a business catering to tourists? Many of our visitors are from Germany so why not come on our intensive one-day German language course?

Learn how to greet and welcome your visitors in their own language, understand and deal with their questions and queries, and avoid misunderstandings.



Provide them with a fuller and more memorable experience that will encourage them to return.

Our course consists of six units delivered over the course of one day. Just £30 per person.



For more details or to book a place contact Gary Sutherland on 01971 521238 or email northwest.tc@outlook.com.



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Regd. Charity SC019802



Hospitality Training

Serving Your Business Better

Wednesday, 27 March 2019
Durness Village Hall

Involved in the hospitality industry? Have staff who need training? Our one-day interactive training course is just what you've been looking for!

Topics to be covered include:

- Understanding the Hospitality Industry
- Personal Hygiene for Food Safety
- Staff Uniform/Work Wear
- Meeting & Greeting Guests
- Menu Choices Knowledge
- Food Intolerance & Allergy Awareness
- Table Settings for Different Services
- Food & Beverage Service at Table
- Clearing Tables & Coffee/Tea Service
- Dealing with Complaints & Handling Refunds



Get in touch now to book a place. Just £60 per person.



For more details or to book a place contact Gary Sutherland on 01971 521238 or email northwest.tc@outlook.com.



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Regd. Charity SC019802



Silk Painting Workshop

Kinlochbervie High School
Saturday, 16 March 2019, 10am-4pm.

Join our tutor, Martina, for this workshop and learn all about painting on silk to produce beautiful scarves and artworks. Working with silk stretched over a frame you apply special paints that are then 'fixed' into the silk so that they don't wash out.



Learn new techniques and create stunning designs that will amaze your family and friends.

Everything you will need to get started with this great medium is provided - all you need to bring is your imagination!



Just £20 per person.

For more details or to book a place contact Gary Sutherland on 01971 521238 or email northwest.tc@outlook.com.



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 Kinlochbervie High School
 Manse Road, Kinlochbervie
 By Laing, Sutherland IV27 4RR
 Regd. Charity SC01902

ageScotland **Early Stage**
 Love later life
Dementia Awareness

Durness Village Hall, 23 April 2019, 11am
 Scourie Village Hall, 24 April 2019, 11am

Do you work with or care for older members of your family or the community?
 If so, this workshop will be invaluable to you.

In association with Age Scotland, this training will help you to understand dementia, its signs and symptoms, and the effects it has upon different people particularly in its early stages.

The training will look at communicating with someone living with dementia and also what we can be done to reduce the risk of dementia.

This training session is free but places are limited so book early to avoid disappointment.

For more details or to book a place contact Gary Sutherland on 01971 521238 or email northwest@scotlook.com.

ANNE DUCHESS OF WESTMINSTERS CHARITY | The Regional Council of the Highlands and Islands | ROBERTSON

Mindfulness for Life

8 Week Programme plus One Day Retreat



Thursdays 6pm to 8pm

26th March,
 2nd, 9th, 16th, 23rd, 30th April
 16th May

This course provides an in-depth introduction to mindfulness, offering a way to be in touch with what is happening in the here and now and live life more deeply. It is designed to empower participants to develop a nourishing and resilient personal meditation practice

Cost: £48/42

Willow Weaving



Saturday 23rd & Sunday 24th March
 10am to 4pm

No experience necessary; all ages welcome

Costs: £24/21 plus cost of material paid to tutor

Notebook Making Workshop



Saturday 9th March
 13:00-16:00

Learn how to make your own up cycled notebooks using scrap paper.
 Feel free to bring your own pictures from magazines, diaries, cards – anything with images that catch your eye, for front covers.
 Under 12s must be supervised by an adult
 Cost: £5

Clothing Workshops



Friday 10th May
 12 to 4pm

Would you like to create unique/bespoke cushions using fabric from vintage embroidered table clothes or garments that are no longer worn but have interesting fabrics; or would you like help to update clothes by refitting or adding some details.

Old curtains brought from charity shops could be made in to simple tote bags or used to recover small stools. Also for those that are able to sew Louise could help and guide you on how to revamp an old coat or jacket with a new lining, using unusual fabrics

Under 12s must be supervised by an adult
 Cost: £5

If you are interested in any of the Workshops please register or if you would like more information

Email: sandramcallus@gmail.com Tel: 01571 844 123



Community Council

Mon 26th Feb 2019

At the recent monthly SCDC meeting, the following items were discussed:

- The smiley face traffic calming lights are expected to be installed by Easter.
- New Scourie entrance signs, which were requested some time ago, are hoped to go up in time for the coming tourist season.
- The Old Smiddy has been made safe & the owner has told the meeting that he hopes to put in an application to rebuild on the site.
- New swings have been purchased for the playpark by the football pitch and further funding is being sought for further improvements.
- Applications to the Maldie fund are invited for consideration at our April meeting.

Next meeting 23rd March 2019 @ 7.30pm

Thank you

Harvey MacDonald would like to sincerely thank everyone who supported his recent charity haircut by donating money and attending the event, enabling him to raise £1617.76 for The Archie Foundation (Highland Appeal). An extra big thank you goes to Carol-Anne of Sophisticuts who was brave enough to take on the challenge and to Granny Christine for her baking & sausage rolls.



**North and West Sutherland
Citizens Advice Bureau**

**Struggling with money?
Let's sort it today.**

- > Struggling to heat your home?
- > Difficulties feeding your family?
- > Concerned about your finances?

www.financialhealth.scot
0800 085 7145

NWS-Bureau@NWSCAB.casonline.org.uk
The Harbour, Kinlochbervie
Sutherland, IV27 4RR
01971 521730

citizens advice bureau

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If you have a news item, advert, thanks notice etc that you would like to insert into the Scourie News, please send it to the above email address or contact Aileen on 01971 502371