

Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



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School's Out for Summer!

The school year has finished and the summer holidays have begun - hip hip hooray! If you are looking for ways to keep yourself - or your children or grandchildren occupied then you'll find lots of inspiration in this month's magazine - because there are plenty of activities on offer - being delivered by our local community organisations: Gala Week, the Learning Centre, Community Centre, Girls on Boards, and Lochview Training...

As LDCI (who publish this magazine) will also be taking a summer break, there will be no Lairg Magazine in July. We wish you all a great summer!

The eight houses being built by Albyn Housing Society on the former Sutherland Arms Hotel site are the first investment in social housing that Lairg has seen since Glenburn was constructed in the mid-1990s, nearly 30 years ago.



All eight houses will be wheelchair accessible throughout. Four houses will have two bedrooms and will be allocated under the normal allocation process through the Highland Housing register.

The four FIT homes are part of an initiative to provide housing for residents with higher levels of support needs. They've been designed after consultation with health professionals, families and carers to enable people to live as independently as possible, for as long as possible, through the use of technology. They are designed to be flexible and respond to the changing needs of the residents, providing extra space for specialist support and care when required. This type of housing is being built in only three other places in the Highlands. The Lairg houses will be the only ones in a rural community, the others being in Inverness, Nairn and Dingwall.

The project itself has attracted the highest level of public sector funding seen in Lairg for a very long time. Albyn Housing Society has contributed £600,000, and Highland Council's contribution is £200,000 from its infrastructure fund, and a further £200,000 from the City Region Deal money. The bulk of the total project cost of £2.3 million comes from the Scottish Government, who have made £1.3 million available from the More Homes Division. Lairg & District Community Initiatives (LDCI) has donated the land on which the houses are being built, and the surrounding parking, access areas, and so on, at an indicative value of £90,000. The financial leverage this donation has achieved is therefore very substantial. The rest of the Sutherland Arms site remains with LDCI, and thus in community ownership.

LDCI is very grateful to everyone who has helped bring the project to this stage, and especially to our project manager, Susan Clark. Susan's knowledge and advice has steered it through the complexities of planning, the setback of Covid, and much more besides. We can now look forward to the indicative completion date of May 2024.

By Alison Magee (Vice Chair, LDCI)

- Allocations to Fit Homes are made through a nominations process and can be made by NHS Highland, Albyn Housing Society and the Highland Council. To find out more email: fhallocations@albynhousing.org.uk
- The Highland Housing Register is for people who are applying for housing in the Highlands. Applications can be made online at: https://www.highland.gov.uk/info/925/council_housing/244/apply_for_a_house

Lairg Health Walks

The next Health walk will take place next Thursday - on the 6th July 2023. We will meet at the Ferrycroft Visitor Centre Carpark at 10.30am, go for a walk and then have refreshments afterwards.

QUIZ TIME!

1. In what year were prescription charges in Scotland scrapped?
2. $4\pi R^2$ gives the surface area of what solid shape?
3. 'Bigger Than Oprah Winfrey' is a song from which musical about an American chat show host who died this year?
4. In the church calendar, All Souls Day (November 2) is the day after which other feast day?
5. The Sydney Harbour Bridge is in which Australian state?
6. What are the first names of the three writing Bronte sisters?
7. Bechamél sauce is also known by what colour?
8. Which country won the Eurovision Song Contest in Liverpool last month?
9. Which actor married Amber Heard in 2015?
10. Which Pink Floyd album with its iconic prism on the cover is 50 years old this year?

Highland Journal - Artwork of the month



Swallow

Linoprint by Jan Blackwell.

If you are looking for some inspiration for places to visit during the summer holidays - P4/5 from Lairg Primary have been learning about the world in their topic 'Around the World in 50 days'. Here are some of the famous places that they have been researching:



The Acropolis



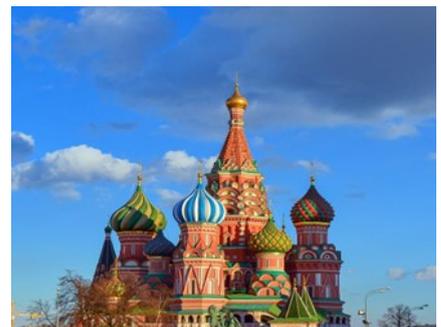
A Landmark is a famous place or building. A landmark can be found in a jungle, a forest, city and a town. They can be old, new, tall, or small. In Europe there are many landmarks. The Acropolis, St. Basil's Cathedral and The Leaning Tower of Pisa. Are all examples of Landmarks.

The Acropolis is a very old and broken landmark. It's in Greece on a high, rocky hill in Athens. One million visit it per year. The Acropolis was made by Greek sculptors.

The Acropolis can be found on a bumpy, rocky hill in Athens, Greece. It was a home to kings. One million people visit each year. It looks like a crumbly temple from the war [but its not].

St. Basil's Cathedral

St. Basil's Cathedral was built to remember the war. It's in the Red square, Moskva, Russia. It looks like a very colourful castle. St. Basil's cathedral was built by Poslnik Yokov and Ivan Barma.



A landmark is a very popular place or building that represents a country, cities or continent. They can look broken and some of them are marble or crumbly. The Eiffel tower, The Leaning Tower of Pisa, Acropolis. These are some of the European landmarks.

The Leaning Tower Of Pisa is a super big bell tower which is located in the city of Pisa. The colour of it is a grey marbly colour and the person who made it was named Bonana Pisano.

The Leaning Tower of Pisa is in the city Pisa and is in the country Italy. It was a bell Tower and is used to make money. 5 million people visit the Leaning Tower of Pisa, a Tower that leans.



The Leaning Tower of Pisa was built to serve as the complex bell tower. It looks like a wedding cake that got knocked over by a giant guest. It's located in Italy in the city of Pisa. It was built by Bonanno Pisano and made in 1173.



The Colosseum is 3-4 stories tall. It is located in Italy in the centre of it. It's over 1000 years old. The person who built it was called the Roman Emperor Vespasian.

Stonehenge is found in England. Stonehenge was a place for burying people under ground. Many people visit it, it is about 8100M people a year.



The Eiffel Tower looks tall and wide; it is also 1050 feet tall. It's found in a county called France and a city called Paris. A little over 6 million people climb the Eiffel tower every year. The Eiffel tower's purpose was to be one of the main attractions at the Paris world fair.



A landmark is a popular and famous thing that might be old or new. It's a place where people visit and take pictures. They can look old, new, tall or small. The Colosseum, The Leaning Tower of Pisa and Stonehenge are three of Europe's landmarks.

Summer 2023 at Lairg & District Learning Centre



As we head full swing into the Summer we hope you're all looking forward to a little break, the learning centre will be closed from the 31st July and will reopen again on the 14th August but before then we've got some really fun summer activities planned.

Saturday 1st July: Make a Garden Planter 10am – 2pm

Join our woodworking tutor, Graham Rennie, as he teaches you how to make a planter box. This will be using recycled and reclaimed wood and is perfect for a herb garden, flowers or smaller veg growing.

Let's Get Growing : Tuesday 4th July & Tuesday 18th July 4pm – 6pm

Join us in the Garden for the last two Let's Get Growing sessions of this block. Learn some new gardening skills, share your knowledge with others or just come and see what we have been able to grow in our garden.

Saturday 8th July: Foraging Walk , Gunn's Woods Lairg 9.30am – 11.30am

In this session you'll walk through Gunn's Wood learning about foraging, tree and plant identification and mindful walking. This class is for all ages! There is a nice gravel path but there will be a fair amount of walking with some steep sections.

Saturday 8th July: Make a Sawhorse 10am – 2pm

Join our woodworking tutor, Graham Rennie, as he teaches you how to make a saw horse.

Tuesday 11th July: Mindful Doodling LDLC 2.30pm – 4.30pm

The goal of Mindful Doodling is to fully engage with your doodles in a meditative way. It requires slowing down, focusing on the paper and pen and doodling repeatedly with full intent. Thus, you become present in the moment.

Wed 12th July: Zero Waste Bake Off, Lairg Community Centre 7pm - 8.30pm

This Lairg Gala Week Lairg & District Learning Centre are inviting budding bakers of all ages to take part in a Bake Off Challenge with a difference, the main aim to reduce as much food waste as possible. We'd like to see lots of creative ideas on how to reduce food waste while baking. All entries will be showcased at a special event on Wednesday 12th July at Lairg Community Centre, where members of the public will come along to see and taste the creations and vote for their favourites in a blind taste test to choose the winners.

There are 3 categories ; Savoury Bakes, Sweet Bakes and A Show Stopper Cake (with a climate action theme).

You can enter more than one category and some additional ingredients will be available at LDLC in the lead up to the event. There will be a prize for junior entries and a prize for adult entries in each category. Contact jo@lairglearningcentre.org.uk for more info.

Saturday 15th July: Foraging Walk, Achness Hotel (Rosehall) 10am – 12pm

Tues 18th July : Summer Swish Cèilidh, Lairg Community Centre 3pm - 8pm

The Fèis air an Oir Cèilidh Trail are stopping off in Lairg on their summer tour so we've decided to have a cèilidh and combine it with a Summer Swish! Swishing/ Clothes Swap from 3pm. Music and food from 5pm - 7pm. The band features talented young musicians from across Sutherland and Caithness.

Make & Splash Wellbeing Days

Lairg & District Learning Centre has teamed up with Sutherland Girls on Boards to create two wellbeing days for women of all ages in Sutherland this Summer. Throughout the day you'll take part in a Paddleboarding session at Loch Shin and an upcycling craft workshop at LDLC. No previous experience necessary and lunch will be provided. These events are free and places are limited.

Wednesday 19th July: Wave Maker Wednesday For 8 - 18 year olds, 9.30 – 4pm

Sunday 23rd July: SUP & Sew Sunday For 18+ , 9.30 – 4pm



More about Sutherland Girls On Boards...

We want to say a huge thank you to Lairg & District Learning Centre (LDLC) for hosting and helping us develop the Sutherland Girls on Boards project throughout 2021 and 2022. The project has now transferred to KoSDT for 2023 and onwards. We hope to continue working together in the future to expand the programme. The project will remain Sutherland wide with its own brand and identity.

We were really lucky that May brought us great conditions to paddleboard (low wind and sunshine) allowing us to deliver four sessions on Little Loch Shin (Over 50s, Gals (Primary 8+), Teens and Women (18+)) for 19 paddlers.

Despite May's perfect weather, the weather will always be our biggest battle when planning sessions, we are constantly looking at ways to navigate this! We can't operate in winds more than 10mph. We have set up a wee system to help us for the 2023 season, as below:

We will pencil some dates in advance - so you can pop a wee note in your calendar. These will be shared by email only.

If the weather is good enough for these penciled in dates, we will then share booking links a couple of days before - first by email and then secondly on our socials. It will be set up on a 'first come first served' model.

If the weather is not suitable, we will pencil in some more dates. Overall, this thinking will avoid us having to cancel and reschedule your session, and most importantly have more time out on the water!

Email hey@sutherlandgirlsonboards.com to be added to the mailing list to receive session dates and have first opportunity to book.

Facebook: www.facebook.com/sutherlandgirlsonboards

It is important to know is that we're not lesson or hire providers - check out other fab local businesses who'll guide you in that direction.

The Sutherland Halls Big Coffee Morning took place on Saturday 17th June. Thank you to everyone who came out to volunteer, show support, and assist with this event. You all helped raise a massive £170 for Air Ambulance! With amazing support from live music by Evergreen who were amazing!

We are now sailing swiftly past June which means we have less than 6 months left of 2023, how time flies....

How about enjoying that time by supporting your local community market, local business and produce and those who tirelessly work hard to provide the market in all its glory!

The remaining dates for this year's Market include:

17th July, 21st August, 18th September, 16th October - 20th November - 18th December

(Just Remember - Every 3rd Monday of the Month)

We look forward to seeing you at the events of the Community Centre!



Lairg Gala Week 2023

There's a packed programme of events taking place at this year's Gala Week from the 8th-15th July 2023: From It's a Knockout to Raft and Hill Races and an Eating Competition! There's something for everyone! Programmes are available in Costcutters and Spar. For those who are not on Facebook you can also view the Gala noticeboard at the bottom of Main Street.

In other news, Lairg Gala Week were successful in securing funding to install some drainage at the grass area on the transport site, funding was secured through Foundation Scotland for materials - and all the hard-working volunteers carried out the work.



Community Council projects

The Bird Hide

The paths and overgrowth have been cleared by volunteers and this will be done again later in year to keep on top of it. Lockharts will carry out some maintenance / upgrading of the bird hide; funding was secured through the Ward Discretionary Fund.

Little Loch Shin

Some funding has been secured through the Village Improvement Fund, to make a start clearing overgrowth around Little Loch Shin, this will be an ongoing project.

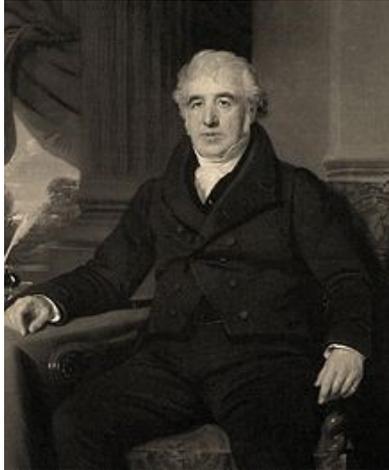


Charles Mackintosh born in Glasgow 29 December 1766, died 25 July 1843.

---oOo---

Charles Mackintosh

Inventor



He was elected a fellow of the Royal Society in 1823.

Charles Mackintosh, son of George Macintosh and Mary Moore, took an early interest in science. In 1786 he started work in a chemical factory and in 1797 he opened the first alum works in Scotland. Together with Charles Tennant, he invented an easily carried bleaching powder which made a considerable fortune for the two men.

Further inventions include a conversion process which used carbon gases to convert iron to steel which was much faster than the method used until that time, and also a hot blast process. But it was his research in chemistry and as the inventor of waterproof clothing which added his name to the English dictionary.

While trying to find uses for waste products generated by gasworks, he used Naptha, a by-product of the distillation of coal-tar, as a solvent for rubber. When two pieces of cloth were pressed together they became waterproof.

Despite early problems with the strong smell of rubber he took out a patent on the process in 1823. In 1836. "Macintoshes" were much in demand. Although other forms of waterproof clothing have been developed since, his name is still often used to describe them [including the "plastic mac"].

---oOo---

Charles was buried in the family graveyard at Glasgow Cathedral , along with his parents, grandfather and great grandfather. His name is added to the 17th century monument which stands against the eastern boundary wall.

LDCI Quiz Answers

- | | | |
|------------------------------|------------------------------|---------------------------|
| 1. 2011 | 5. New South Wales | 9. Johnny Depp |
| 2. Sphere | 6. Anne, Charlotte and Emily | 10. Dark side of the moon |
| 3. Jerry Springer :The Opera | 7. White | |
| 4. All Saints Day | 8. Sweden | |

Lochview Training

The Muddy Boots club - this is for 7- 11 years old running over five weeks starting on the 11th July. see Eventbrite link below:

<https://www.eventbrite.co.uk/e/muddy-boots-summer-holiday-club-tickets-653791777807?aff=oddtcreator>

We also have our family sessions running Tuesday afternoons again starting on the 11th July for five weeks. These are one off sessions for families so they can spend time outdoors with the animals, creating crafts and having fun with some games.

<https://www.eventbrite.co.uk/e/family-summer-croft-sessions-sutherland-families-only-tickets-662943330347?aff=oddtcreator>

We also have our new 2-day workshop for wool preparation and spinning. This will start in August once the schools go back.

<https://www.eventbrite.co.uk/e/introduction-to-wool-preparation-spinning-tickets-664696203237?aff=oddtcreator>

Finally, we have a plant & natter which is very informal. It is aimed as a drop-in on Thursday morning 13th, 20 & 27th July, have a cuppa and help yourselves to any produce that is ready, help grow more things and if anyone would like to share ideas we welcome that. These are free sessions and open to everyone.



Project CAELUS, is an innovation project part funded by Innovate UK. We are exploring how we can improve medical care and equity of care by adding a new mode of medical transport using drones, especially in rural and remote communities.

Community members can actively contribute to this innovative project, ensuring that it effectively addresses the unique challenges faced by local residents and healthcare providers in their area and their communities. To take part and tell us what you think: scan the QR Code on the advert to the right to access our engagement platform and share your views.

For more info see:

<https://caelus.commonplace.is/>

**RESEARCH PROJECT CAELUS:
HAVE YOUR SAY ON USING
AERIAL DRONES FOR MEDICAL
DELIVERY IN SCOTLAND**

Delivery of medical supplies

Equal care in remote rural and urban communities

Improve patient care

TO HAVE YOUR SAY
SCAN ME



Thank you for reading issue 61 of the Lairg Magazine! If you would like to submit something to the magazine, please send it to: projectofficer@lairginitiative.co.uk.

Phone: 07961 372 427 or write to us at: Schoolhouse, Main Street, Lairg, IV27 4DD