

Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



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The Helping Hand Fund

Following the recent news coverage regarding the dramatic price increase in energy costs, we would like to let you know we are here to support you. Please ring or email if you are worried about your heating bills, we work closely with Citizens Advice Bureau and they can offer advice too.

New applicants are always welcome to apply to the fund. Please don't be afraid to ask for our help. if you would like to apply for a fuel grant and have received one before - you can apply again after 12 months, but there may also be other ways we can support you.

The LDCI work closely with the Kyle of Sutherland Development Trust Community Food Larder and we can arrange delivery if you are unable to visit the larder yourself.

Recipe of the week

Leftover Fritters

Feeds 4, Preparation time - 20 mins

Ingredients:

- 1 large head of broccoli, florets evenly chopped and stem finely chopped
- 1 small onion, thinly sliced
- 2 garlic cloves, thinly sliced
- 2 tbsp butter
- 10 eggs
- 2 large handfuls of any type of grated Cheese
- Salt and black pepper

Method:

In a deep-sided frying pan steam the broccoli for 3 minutes in about 4 tablespoons of water, with the lid on, until almost tender and just turned bright green. Drain any excess liquid and set the broccoli aside.

Pop the pan back on the heat and gently fry the red onion rings and garlic in the butter for a few minutes.

Meanwhile, whisk the eggs together in a bowl, add salt, pepper and the cheese, plus any of the herbs, chilli flakes or wild garlic, if using. Preheat the grill to high.

Add the broccoli back to the pan to coat in the garlic butter, then pour in the egg mix, stirring so that the broccoli and onions are distributed evenly. Let the bottom and sides cook and start to set over a medium heat for about 5 minutes.

Pop the frittata under the grill for a further 5 minutes until golden on top and just cooked through, then slide it onto a chopping board or plate. Cool for 10 minutes and slice up into quarters.



Your Community Banker

A new 3 month pilot starting on 5th October 2021



- ▶ Supporting you with account enquiries
- ▶ Helping you bank and stay safe online
- ▶ Providing financial education and planning support
- ▶ Supporting our Business customers

**Here to help you on Tuesdays
between 10am and 4pm**

Community Centre
The Main Street
Laig
IV27 4DD



**BANK OF
SCOTLAND**

(Answers on page 6)

1. Which celebrity won the 2020 Strictly Come Dancing glitter ball?
2. What are baby eels called?
3. Which famous Scottish woman of the 16th century had husbands called Francis, Henry and James?
4. What was the name of the mongoose in The Jungle Book?
5. What is the common name for the herb Salvia Officinalis?
6. What does the medical term Dysphagia mean?
7. What is the name of the coffee bar in the TV series Friends?
8. What substance, heated in a flame to produce an intense white light, was once used in theatres?
9. Which George Gershwin musical opened on Broadway, New York, on the 10th October 1935?
10. What was traditionally dried in an Oast House?
11. What name is missing from this original line-up list? Brown, Chisholm, Adams, Bunton and
12. What UK event on 19st June 1921 had been postponed for 2 months due to industrial unrest, and did not include Ireland due to the Irish War of Independence?
13. What ancient practice attempted to change basic metals into gold?
14. What word is repeated by the bird in the poem 'The Raven', written by Edgar Allan Poe?
15. How many trombones 'led the big parade' in the song from the musical 'The Music Man'?
16. Pyongyang is the capital of which country?
17. What is the name of Bob the Builder's bulldozer friend?
18. What Hugh Grant film featured the Wet Wet Wet cover of 'Love Is All Around'?
19. Who became the Duke of Normandy in 1035?
20. Who is the reigning US Open Champion and the first British woman to win the Grand Slam singles title since Virginia Wade in 1977?



In late 2020 the Highland Council put out a call for landowners and community organisations to consider developing 'aires' (or overnight parking infrastructure) to improve the facilities in the Highlands. (There are 386,325 motorhomes currently registered in the UK .) This followed the problems that were experienced throughout Scotland after lockdown with a marked increase of visitors participating in 'informal' camping in motorhomes and the impact that so called 'dirty camping' had on the environment.

This summer it was reported that chemical waste was tipped into Little Loch Shin by the slipway in the Ferrycroft area and that a motorhome was observed filling up their tank from the tap in the Lairg cemetery. The Lairg public toilets also had to be closed for a considerable period due to chemical waste being tipped down them, damaging the pipes.

For these reasons and due to the fact that the new owners of Lairg Caravan park do not cater to touring campervans, it was felt that an 'aire' would benefit the village by reducing the risk of irresponsible dumping of waste and its associated hazards - particularly in the Ferrycroft area – but also throughout the Lairg Community council area and Sutherland.

LDCI had initially considered to offer just a chemical waste point and water supply, but were advised by the funders that the application was more likely to be successful if more facilities (e.g electric hook up points) were available. The project was revised to provide regulated facilities that would allow the visitors who are already coming to Lairg in motorhomes and campervans to responsibly park overnight, dispose of their chemical waste and litter, and use fresh water supplies before moving onto their next stop.

LDCI discussed three potential locations with the Lairg Community council: land at Ferrycroft, the Highland Council car park at the bottom of Main Street, and an LDCI owned plot of land behind the former Coach House just off Main street. However, after taking into consideration the space that would be required for turning circles for motorhome vehicle hookups, it was only the land at Ferrycroft that was deemed suitable.

LDCI became aware that funding could be available for projects of this nature through the Rural Tourism Infrastructure Fund and applied for and received a design grant to explore the feasibility of the project in June 2021. The work to do this was carried out over three months in order to meet the stage 2 application deadline in September.

As part of the feasibility stage, LDCI invited feedback from the community regarding the aire proposal. An online consultation form was opened on the website on the 16th August and responses were accepted until the 16th September. (The consultation form was publicised twice on the Lairg Sutherland Facebook page and within the August edition of the Lairg Magazine which is delivered to many members of the community and also distributed in the local shops with the newspapers). There were 108 responses to the consultation form, 97 of the responses were in support of the project, with 11 responses being negative or ambivalent. Two emails were received separately which opposed the project.

Following the recent notices regarding LDCI's application for planning permission and for a community asset transfer, there has been activity on Facebook indicating that there are members of the community who do not support the project. Therefore, LDCI has reopened the consultation e-form so that those people who did not participate in the original survey in August can feed into the process. The feedback form is available on LDCI's website for people to input their responses until the 11th November .

Lairg Aire Project



**TAKE PART IN THE
COMMUNITY CONSULTATION
ON THE LDCI WEBSITE**

**OPEN FROM MON 11TH OCT
UNTIL THURS 11TH NOV**



LDCI would like to receive feedback from as many local people as possible – whether it be positive or negative. **LDCI would like to clarify that if the majority of the community are not in favour of this development at Ferrycroft LDCI will NOT take the project forward.**

The form will be anonymous but people will be able to provide their postcode so that LDCI can identify how many respondents are from within the Lairg Community Council area.

LDCI will update the community following the closure of the online consultation on the 11th November. In the meantime, the public can still make comments directly to the Highland Council regarding the Community Asset Transfer and the application for Planning Permission should they wish to.

The online consultation form can be found by logging on to: www.lairginitiative.co.uk/aire-project.html

If you do not have access to the internet to express your views you can write to:
Lairg and District Community Initiatives, Schoolhouse, Main Street, Lairg, IV27 4DD
Email: projectofficer@lairginitiative.co.uk

World Mental Health Day

Following World Mental Health Day which took place on the 10th October, LDCI is supporting the campaign which aims to raise awareness about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

If you feel upset or vulnerable there are many groups and charities that are out there to help - please don't suffer in silence... Please see the back page for a list of both local and national support organisations.

For more about the campaign see:
<https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>



Lairg Health Walks

LDCI has set up a new social walking group in Lairg. The walks are suitable for all ages, abilities and paces, and at the end of the walk we all have a chat and refreshments to reward ourselves!

It was a beautiful, mild Autumn's day for the first walk that we held on the 21st September. The group enjoyed getting to know each other, whilst admiring the nature and attempting to identify the wildlife!

We are holding our next Health walk on the 26th October at 10.30 am - once again we will meet at the Visitor Centre car park and we will walk the trail in the Ferrycroft woods.

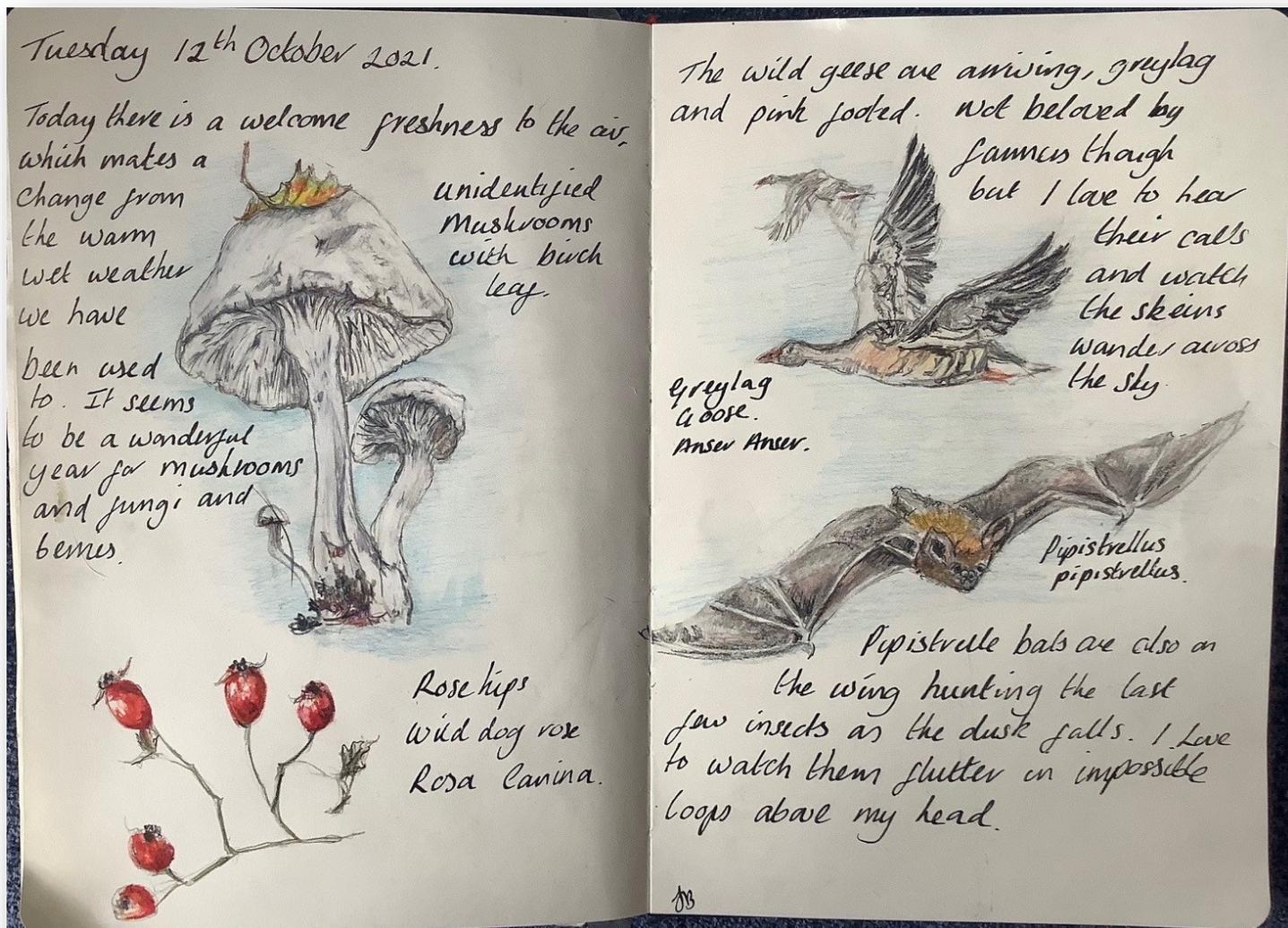
If you would like to join the next walk - it would be great if you could get in touch (with your telephone number) so that we can contact you if we need to cancel due to adverse weather.

The Health Walks are free but please wear sensible shoes and bring a jacket.



The walking group in September

Thank you to local artist Jan Blackwell for allowing us to print excerpts of her illustrations and notes from her 'Highland Journal'. Here is October's diary entry.



LDCI Quiz Answers

- | | | |
|--------------------------|---------------------|---------------------------------|
| 1. Bill Bailey | 8. Lime | 15. 76 |
| 2. Elvers | 9. Porgy and Bess | 16. North Korea |
| 3. Mary Queen of Scots | 10. Hops | 17. Muck |
| 4. Ricki Tikki Tavi | 11. Halliwell | 18. Four Weddings and a funeral |
| 5. Sage | 12. The 1921 Census | 19. William the Conqueror |
| 6. Difficulty swallowing | 13. Alchemy | 20. Emma Raducanu |
| 7. Central Perk | 14. Nevermore | |

How did you do?

1-5/20	5-10/20	10-15/20	15-10/20
Poor	Okay	Good	Excellent



We do hope you've been enjoying getting outside and breathing in the lovely autumnal air – and avoiding the worst of the rain of course. It's truly one of the most picturesque times of year and we are blessed with having so many beautiful trees displaying their wonderful colours. Did you know that one of the easiest ways to help the planet is simply to spend more time outside? It helps on so many counts, not least that when we're outside we're using less energy heating our homes – and we need less when we come back in because we're warmed from the exercise.

Here's our news round up.

Following on from last month's announcement, about the **Highland Council Climate Change Conference on the 21/22nd Oct**. The format is different from last year with various workshops also being held. Tickets are available here:

Thursday 21st October - Energy and Land & Sea <https://eventbrite.com/e/181652987977>

Friday 22nd October - Net Zero and Resilient Communities <https://eventbrite.com/e/181666678927>

Carbon Cafe in Lairg – Finally, we can move on with our face to face carbon cafes and are planning one, hopefully on the 27th Oct at 2:30pm in the community centre. Unfortunately we'll not be able to attend the next market though, on the 18th Oct.

Polytunnels NOW* – Do you have a polytunnel or greenhouse? Interestingly, many folks consider that polytunnels simply extend the season by 2 weeks either side. Perhaps some don't know that it's feasible to grow food 12 months of the year in our tunnels. It's simply a matter of planning ahead and getting the right seed varieties. Join our HI Polytunnel Chat group on facebook to share your ideas and pick up some hints and tips – <https://www.facebook.com/groups/highlandsislandspolytunnelchat>. We can sow winter lettuce, kale, cabbage, cauliflower, chard, spinach, broad beans and even carrots or we can transplant from the garden to encourage longer life. Growth is slower of course, but pop a date in your calendars for next year to plan ahead for winter in August.

Orchards: Our Highlands & Islands Orchard Network is moving forward nicely and we now have a facebook group where we'll share news of events and helpful info regarding forming and using orchards and the produce. <https://www.facebook.com/groups/hiorchards>.

We can all do something: Do you wish you knew more about climate change or knew what to do about it? Or perhaps you just wish you could feel more motivated? We don't dwell on the negatives – we focus on fun and help to motivate each other to take those tiny steps. The pace of involvement in the Highlands is moving forward with exponential speed. There's so much going on, it's hard to keep up with. So come and join the fun.

Join us: <https://planetsutherland.com/join-us/>.

Please email anna@planetsutherland.com or call me on 07906173993 to book the Carbon Café.

Church Hill Woods - Carvings

Over the summer LDCI arranged for the Community Payback team to come to Church Hill woods to carry out some maintenance work which included oiling the wooden carvings in the woods. Following Covid, the Payback team numbers are much lower than usual so it is more difficult to secure their help on an ongoing basis. If there is anybody in the community who would be willing to donate some time to help look after the carvings over the next year please let LDCI know.

Ideally the carvings should be oiled once or twice a year— LDCI will provide the materials required to do this. Your time would be very much appreciated!





iPads for Beginners

4 week course 20th October

At the Lairg & District Learning Centre

IT Clinic

Do you need help to access your computer?

We have one-to-one digital classes to make sure that everyone can get online.



Contact Us

Call 01549 402050

Email admin@lairglearningcentre.org.uk

IT Clinics and Digital Skills Classes

Do you have a new phone or tablet but not sure how to use or set it up? Do you have a computer or laptop and would love to access the vast world of the internet but don't know where to start? We would love to help you get started on your online journey. We have new face to face classes and workshops coming up throughout the year including beginner's laptops and computers, iPads and tablets, antivirus and maintenance and much more.

Our 4-week iPads and Tablets class is ready to book now starting from Wednesday 20th October, 11 – 12 noon at the Lairg & District Learning Centre. These classes are a taster session format which you can book on one specific session, multiple or all! You can find booking information and week by week class details on our Eventbrite page or contact us directly via telephone or email.

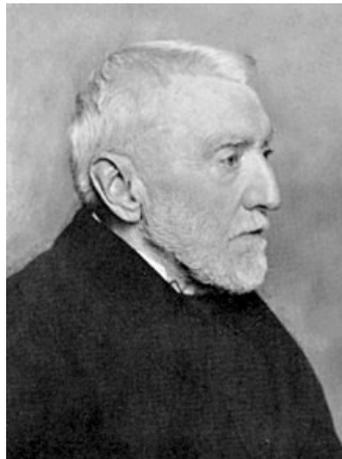
We also run a one-to-one weekly I.T clinic at the centre with Ryan every Wednesday to help people that have I.T issues. This can be from general maintenance of your device, how to set up an email account, teaching the basic functions, set up anti-virus and much more! These one hour slots need to be booked in advance so contact Ryan to check availability on 01549 402050 or email admin@lairglearningcentre.org.uk

28 October 1880: Dr Henry Faulds, a Scots medical missionary working in Japan, published a letter in "Nature" which gave the first evidence that fingerprints could be used as proof of guilt or innocence in legal cases.

---oOo---

Dr Henry Faulds
Originator of fingerprint identification

Born in North Ayrshire in 1843, **Henry Faulds** studied medicine at University of Strathclyde's Anderson's Institution. In September, 1873 he married Isabella Wilson.



Dr Henry Faulds

Following hospital posts at St. Thomas, London and Glasgow Royal Infirmary he took up a post with the Church of Scotland as a medical missionary at Darjeeling, India. He resigned a year later and joined the United Presbyterian Church in 1874, as their first medical missionary. Faulds went to Tokyo, Japan, where, in 1875, he established the Tsukiji Hospital.

In 1874, Faulds was tasked with establishing Scotland's first medical mission in Japan. His years in Japan were marked by incredible achievements by opening a hospital and teaching facility. He became the first foreign doctor to be allowed to carry out post mortems, and was consulted by the authorities on the control of rabies, typhoid and cholera epidemics. Provision for the blind was limited and Faulds devised a Bible for them read using raised symbols, a forerunner of Braille. By 1882 his hospital treated 15,000 patients annually.

Fingerprints in Japan

Whilst in Japan Faulds struck up friendship with an American archaeologist, Edward Morse. Japanese excavations were distinguished by cooking pots made from clay. It was a simple expedition with Edward Morse that was to be a turning point of Faulds' career. Attending an archaeological dig, Faulds became intrigued by the impressions left by craftsmen on ancient pieces of clay. Could these patterns of ridges be unique to each individual? His theory was soon put to the test. Shortly after the expedition, Faulds Tokyo hospital was broken into, and to his dismay a trusted colleague was suspected of the crime. Convinced of the man's innocence, Faulds compared fingerprints to those left at the scene, ultimately securing the release of colleague, proving that fingerprints could be used for elimination of suspects.



Sutherland Wellbeing connects Sutherland residents with services, resources and activities aimed at promoting good mental health and strengthening an individual's emotional and physical wellbeing. You can view organisations in your area, check out upcoming events and browse resources. Below is a list of some resources offered nationally and locally.

LOCAL SERVICES



SUTHERLAND FRIENDS CALL

A matching service to connect those feeling lonely, isolated or anxious due to Covid-19 with a volunteer for friendly, social contact over the phone.

01408 633001



MIKEY'S LINE

Offer a website appointment for Young People; a text based support service - SMS, Messenger, Twitter and Webchat.

07786 207755



PREVENT SUICIDE HIGHLAND

A suicide prevention app that provides helpful info for those affected in any way by suicide. Available on IOS and Android



BEFRIENDERS HIGHLAND

Works to help people who are lonely and isolated and have experience of mental ill health; memory difficulties or dementia and carers.

01463 712791



TYKES

Provide support for young and young adult carers throughout Sutherland.

01408 633017



JUST ASK HELPLINE

This enquiry line is for parents, carers, children, young people, and those who work with them.

0300 303 1365

NATIONAL SERVICES



NHS 24

The 111 service, providing urgent physical and mental health advice out of hours.

111



CLEAR YOUR HEAD

Scottish Government Clear your head site is full of tips and ideas to help us get through these times.

CLEARYOURHEAD.SCOT



CHILDLINE

A service for young people under 19 struggling with mental health issues, or any other problem.

0800 1111



AGE SCOTLAND

Supports older people, to learn more about keeping active and boosting mental wellbeing at this time.

0800 1244 222



BREATHING SPACE

A confidential phonenumber for anyone in Scotland over the age of 16, feeling low, anxious or depressed.

0800 838587



SAMARITANS

Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide, 24 hours a day.

116 123



**Foundation
Scotland**

Thank you for reading issue 40 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 write to us at: Schoolhouse, Main Street, Lairg, IV27 4DD