



NEWSLETTER

Winter 2021

 @gogolspie

 01408 634033

 gogolspie.co.uk



This is our final newsletter for 2021, and Go Golspie would like to thank everyone who has supported us this year, all the people who have made donations to the trust, to our volunteers, our staff and to our members and our funders, we could not continue to do the work without your ongoing support. **Wishing you all a Happy and safe Christmas.**



FOUNTAIN ROAD HALL UPDATE

The hall opened on the 7th of June, initially only for indoor exercise as that was all that was allowed at that time. As Covid-19 restrictions have eased, hall use has steadily increased. Along with the S.W.I., the exercise groups are still the regular users, but lots of one-off and occasional events are happening too. These include choir practices, sewing groups, carpet sales, MP/MSP surgeries, training events, support groups, Go Golspie meetings and children's parties. A really special occasion was the wedding of Zorcha Hutchinson to Drew Smith in August. Most recently Sutherland Sessions hosted The Chair, an eight-piece multi-talented group from Orkney.

If you have an event coming off, do get in touch to see if the hall could meet your needs – frhgogolspie@gmail.com or phone Go Golspie office 01408 634033.

These have all been able to go ahead within the Scottish Government Covid-19 requirements and guidelines. Hand sanitiser, face coverings, sanitising equipment and low-level draughts are in use as required. With the support of volunteer cleaners, the extra cleaning needed has been done.

The hall is being run by a small subgroup supported by other volunteers, who are looking after the heating and boiler and doing the fire alarm and

emergency lighting checks.

The subgroup would especially like to hear from people willing to be on a rota for 2022, to cut the grass around the hall. Go Golspie bought a lovely new mower from Lindsay & Co, so just bring your time and energy. The aim is for each person or team of two to take turns every 4 – 6 weeks.

They would also be delighted to have someone take notes of their monthly meetings.

If you're able to offer some of your time to help in any way, regularly or occasionally, the subgroup would be really pleased to hear from you, our contact details are as above.

BREAKWATER PROJECT

Working in partnership with the Community Council and the Flood Defence Group we are leading on probably our most ambitious project and that is the reinstatement of the Breakwater off the coast of the village. The remnants of the old breakwater can still be seen at low tide but it has been eroded to such an extent that it is barely visible and provides

no protection during high seas. With partial funding secured through the SSE Beatrice Offshore fund and the Coastal Communities Fund, along with a very generous pledge from the Community Council to put in over £100,000 from their Gordonbush monies, this project will see the replacement of the breakwater over the next few years and we hope

that as well as providing environmental protection to the village, it will also bring an economic boost with the potential to develop the shore front. We are at the early stages of this project so it will be a regular item in our newsletters going forward.

PLAYPARKS

The Go Golspie Playpark subgroup have been actively raising money to help refurbish the King George and Ross Street playparks and thanks to the generosity of the Silver Rock Foundation and the Dunrobin Castle staff, plus many individual donations we have over £4000 set aside for this project. This

money will be match funded with money that the local Highland Council Ward Members have allocated to playpark maintenance and refurbishment. We will work in partnership with the Council to make the most of the money available and hopefully by next spring we will have some new equipment in both parks.

OUR EXISTING PROJECT WORK

At last, the **YMCA refurbishment** has begun and we now have a roof over the youth centre that doesn't leak. The next stage will begin soon and we will be looking for volunteers very soon to help clear out the old furniture, kitchen units, etc. to clear the space for the contractors to get stuck into the internal works. We have great plans for the building once it is reopened with the rear of the building being available in the evenings as a youth centre and during the day as the Go Golspie office and a drop in hub for folk to meet and have a catch up with friends.

This next phase will also see a new floor and new windows fitted in the big hall along with a new ceiling, lights and energy efficient heaters.

It is all very exciting and the result of a lot of work on the part of Go Golspie but we can now see a light at the end of the tunnel and we can't wait to get this iconic building back into community use once again. We will give another update in the next newsletter when we hope to be able to announce an opening date.

TRANSPORT UPDATE FROM PETER

MAGICAL MYSTERY TOURS

A total of 9 tours have been completed this year taking 45 senior residents out for a tour and some lunch. Funding has unfortunately run out although we are making more enquiries as to where more funding can be obtained. We would like to thank the local businesses and board members who sponsored the most recent tours.

Chemist, Dentist, Opticians and Foot Care, also to appointments at Raigmore hospital in Inverness, Ross Memorial hospital, Dingwall and to Caithness General hospital. The car is available for people who cannot access public transport or who might have difficulty in getting to appointments using current transport. The car has a team of volunteer drivers and runs on donations from users.

minibus is available to hire for private events, parties, weddings or just for a day out and volunteer drivers are available on request.

MEDICAL/HOSPITAL CAR

Since we took ownership of the electric car on 1st February 2021, we have taken 84 passengers to local appointments at the Doctor's Surgery,

MINIBUS

Over the previous months the minibus has completed 19 hires, 4 lunch club runs, 9 magical mystery tours and one day Midas training. There are 17 hires pending for the coming months. The

MIDAS AND MINIBUS DRIVERS

Our first training took place for the Bradbury Centre, Bonar Bridge on 18th September and further training was completed for a Go Golspie staff member in order to drive a Highland Council school minibus for children with additional support needs. We have a number of enquiries coming in regarding Midas training and are looking into funding possibilities to pay for Midas and D1 training.

RECRUITMENT FOR DRIVERS

Do you have a couple of hours per week or even per month to help us, we are looking to recruit volunteer drivers for both our clinic car appointments and looking to train local people interested in driving the community bus. Enquiries can be made to Peter by calling him at the Go Golspie office on 01408 634033.



GO GOLSPIE STAFF TEAM

We are delighted to welcome Catherine Moodie, June Mackay and Jillian Sutherland to Go Golspie. It is a real boost to the voluntary board to have the support of staff to help us deliver our objectives and aspirations for the future. Catherine comes to us with a wealth of experience in fundraising and community development and she will take the lead in our projects going forward. She will also be the face of the organisation and liaise with

Catherine Moodie

other organisations, funders and individuals in the interests of Golspie and the surrounding area.

June is our new driver for a school bus contract and Jillian is helping to ensure the Fountain Road Hall is safe and clean for the public. They all join Peter Allan who is no longer a lone voice and at last has some colleagues to share with office with – (Peter says it's good to talk!).

WINTER WELLNESS

Go Golspie are delighted to be one of the local charities chosen for the Co-op community fund for the year November 2021 to October 2022, our focus will be on wellness and looking after ourselves, this pandemic has exacerbated social isolation which can lead to loneliness and a decline in positive mental health, we are also aware of the stresses and strains being placed on front line staff and businesses. To this end Go Golspie are carrying out a survey this month to ascertain what type of wellness workshops might support people, either on a one-to-one basis online via Zoom and/or face to face or online group sessions.

We are also keen to pilot some "Slow Down Saturday" events for busy front-line workers who might need to take a little bit of me time for themselves and recharge their batteries! Go Golspie has partnered with Forse of Nature which is a beautiful venue just south of Lybster; set in its own grounds, this is the perfect place for some quiet "me time" and we will be offer relaxing techniques to settle the body and settle the mind, thus enabling better sleep and we will look at the work of Professor Paul Gilbert around compassion for ourselves and others. Forse of Nature has some lovely relaxing lounges with open fires to aid the process of resting and we are offering a warming lunch for all our participants. We will use the community bus to transport 15 people to the venue on some Saturday dates to be arranged.

Our survey results will also help inform our planning for this and we will partner up with another charity Highland Mindfulness Group to deliver all these events, drawing from their team of 10 facilitators who have a wealth of expertise.

The survey is located at: www.surveymonkey.co.uk/r/RLS7PNH



GO GOLSPIE BOARD MEMBERS

We held our AGM in August and we are delighted to welcome Kirsty McNamara and Heather Smith to the Go Golspie board. Valerie Gale stood down as Chairperson but with no one coming forward to take on Chair, she has agreed to step in for an interim period of 9 months until the next AGM to allow recruitment to the board in this coming year – 2022.

We currently have the role of Deputy Chairperson vacant and would welcome expressions of interest from someone who has a couple of hours per week to help support the village and its ongoing development. With the staff team now in place, this role is one of overseeing the processes and development but now with the support of a full-time development Manager. This also may be

an opportunity for a young person to further their CV with experience in charitable work and management. They would receive support and coaching in this volunteer role and have access to paid training opportunities as and when they arise. If you are interested in hearing more about this, please get in touch with Go Golspie.

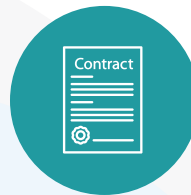
LUNCH CLUB NEWS

On Friday 8th October we were able to start up the lunch club again with the ongoing help of previous lunch club organisers, who we could not manage without. This is held fortnightly in the Stags Head Hotel, where John and his

staff are providing fantastic meals for everyone attending. The Go Golspie minibus is also used to take some of those attending to the venue and back home again.



Go Golspie are proud owners of **2** community buildings - YMCA and the Fountain Road Hall



Go Golspie currently employ **4** members of staff



Go Golspie currently have **9** active clinic car drivers



Go Golspie currently have **10** mini bus drivers



Go Golspie currently have **266** members



Go Golspie currently have **12** board members