



NEWSLETTER

Winter 2022

 Go Golspie

 @gogolspie

 01408 634033

 gogolspie.co.uk

Go Golspie would like to thank everyone who has supported us during this year which remains a challenging one for us all: those who have made donations to us, our funders, our many volunteers, our staff and all Go Golspie members and supporters. The work of Go Golspie could not continue without your ongoing support so **THANK YOU** to you all.

EXISTING PROJECT WORK

FLOOD DEFENCE PROJECT

Three community consultation and engagement events took place in the summer for the Flood Defence project with display boards showing the history to date and a summary of current options. The events included the Open Day at Fountain Road Hall in June which was extremely busy and a drop-in session and public meeting and coastal walk held in July in conjunction with North Highlands and Islands Climate Hub.

Various issues were raised with a lot of good discussion particularly regarding how reinstating the old breakwater as hoped is not actually going to solve the flooding issue as expected. A number of people asked to be kept informed going forwards and the Flood Defence sub-group is working on gathering new options and collaborating closely with stakeholders including the Golf Club and Caravan Park to ensure a coordinated approach going forwards. We had a useful catchup last month with Wallace Stone and RPS who are doing our Wave Modelling surveys. They are coming up with more detail and visuals for new options other than the breakwater for when we meet again before Christmas. We will send an update following that to those who asked for details. If anyone would like to be part of the Flood Defence sub-group do please let us know.

YMCA BUILDING

As may have been obvious, work is well underway and if all goes well, we hope the YMCA will be open again early in 2023. Amongst other work, new



Storm Surge 2014 - photograph by Clive Grewcock

front windows have been installed, a new floor put into the main hall and new insulation installed throughout. Replacing the ceiling in the main hall is likely to be next. We managed to secure further funding to finish the work and fit it out although there were a few additional costs discovered as we went along.

We have secured funding towards costs over 3 years from The National Lottery Community Fund to help with set up and running costs and from the Westminster Foundation towards youth activities and the youth club. This means we can take on a part-time Development Officer for 3 days/21 hours per week to help with bookings and setting up activities which is exciting news. We hope they will be in post by the start of 2023 ready to help us re-open the building.

We are helping Golspie Youth Action Project get up and running again so they can re-open the Youth Club in the YMCA. They recently organised a trip to Inverness trampoline park and held a Community Youth Picnic in the summer at Fountain Road Hall. More activities are planned.

The YMCA building is also for general community use and during the day will be a drop-in hub for people to pop in for a coffee and chat or take part in activities. We are setting up a community meeting

room with hot desk spaces and will be moving the Go Golspie office into the building as well. Ideas so far including holding our Winter Wellness there with Mindfulness sessions and setting up a Film Club. If you have an idea or would like to use the space for an activity or event please get in touch.



The Main Hall



New Windows Going In

PLAYPARKS

Following the funding being secured for equipment for the King George V playpark, it was ordered and has just been installed. We are grateful to Highland Council Ward Discretionary Fund and the Anne Duchess of Westminster Fund for their support and for the work put in locally with fundraising activities and events by the playparks sub-group.

Funding has also been secured for three Rainbow picnic table units made from recycled plastic including one with an extended table top to

increase accessibility. The Edinburgh Sutherland Association, Highland Whisky Chocolates and a local donor have funded these. If any businesses would like to support one (and have a plaque displayed on it) do please get in touch with us about it.

Once complete, attention will turn next year to the Ross Street playpark. We are very grateful for local donors already supporting this and the playparks sub-group will continue their fundraising as well.



FOUNTAIN ROAD HALL

It was great to finally be able to have Allan and Anne Barclay 'officially' open the hall on 25 June. This popular couple have a long association with the building and also both played an important role in delivering the community buyout. A happy day was had with lots of activities, music and just blethering.

If you want to book the hall, you can check the online calendar to see what's available. It's at the bottom of the Fountain Road Hall page on the Go Golspie website: <https://gogolspie.co.uk/fountain-road-hall/>

'S' beside an entry signifies the small hall and 'L' the large hall.

You can book by emailing frh@gogolspie.co.uk, sending a message to the Fountain Road Hall Facebook page, completing an enquiry form on the website or phoning the Go Golspie office on 01408 634033.

CURRENT CHARGES (*mainly unchanged for several years but subject to review*):

Small Hall: £10 per hour

Large Hall: £15 per hour

Up to 4 hours use of the Kitchen: £10

Whole day (9–5) for both halls and kitchen: £200/£150 voluntary organisations

Half day for both halls and kitchen: £100
£75 voluntary organisations

Children's birthday parties: £35 for up to 3 hours

Youth Groups: £6 per hour

Funerals: £200

Weddings: £850 from midday the day before through to midday the day after.

Please enquire for variations on these examples.

The hall is a community asset, which cost an average of £1,500 per month to run over the last year. Please consider using the hall for events you're planning to help it remain viable. Support for the various groups using the hall is much appreciated – some details on the hall calendar, the Facebook page and noticeboard at the gate.

Below is a review from Lairg Gaelic Choir, who practise in the hall here on alternate months with Lairg: "The Gaelic Choir loves practising in the Fountain Road Hall. The sound is wonderful, and it's a great place for ceilidhs. The catering facilities are excellent and it's so easy to arrange our bookings. It's in the middle of Golspie so easy walking distance for many."



MARKET DATES IN 2023

25rd March, 29th April, 27th May, 24th June, 29th July, 26th August, 30th September, 28th October and 18th November

Held in Fountain Road Hall usually 10am – 2pm

WINTER WELLNESS

Following an application in 2021 to be a Co-op Community Foundation Local Cause we were delighted to be awarded £3,060.26 towards our Winter Wellness project for Mindfulness workshops and sessions which we plan to start to deliver over the coming months using our new YMCA building as the venue.

Go Golspie is very aware of the impact the pandemic has had on social isolation and mental health and wellbeing and are keen to help support as many people as we can focussing on wellness and looking after ourselves.

We are collaborating with the charity Highland Mindfulness Group drawing

from their team of facilitators and wealth of expertise. Details to follow but the likely scenario is a short face to face taster session first one weekend and then following feedback from that on what would suit people (and potentially also a short survey) it is likely that there could be an 8-week Mindfulness based living course held in the Spring. Depending on demand there could potentially be another taster workshop and course in Autumn 2023. If there is demand for online courses or workshops these can easily also be included.

TRANSPORT UPDATE

Go Golspie are delighted to be one of the local charities chosen for the Co-op Community Fund for the year November 2022 to October 2023 and this will focus on our Community Transport activities which is exciting.



STAFF UPDATE

Owing to the increase in workload (and Peter needing another coffee companion in the office), we now have an additional Admin/Transport assistant, James Pryde, who was brought up in Golspie and left as a young man to join the Police. Since retiring, James has volunteered at the Citizens Advice Bureau in Golspie and worked at St Duthus school in Tain.

MEDICAL/HOSPITAL CAR

Since 1st January this year the electric car has completed around 120 journeys and well over 5000 miles, taking local residents to appointments at the Doctor's Surgery, Chemist, Dentist, Opticians and Foot Care, also to Raigmore hospital in Inverness, Ross Memorial hospital, Dingwall and to Caithness General Hospital, Wick. The car has taken in over £2500 in donations since it was first used and it continues to be very busy. If you are stuck for transport to get you to or from a medical appointment, please give us a call. The booking system and availability are on our website at www.gogolspie.co.uk/community-car/

MINIBUS

The minibus was very quiet during lockdown, mainly completing runs for the local lunch club. Bookings have now increased dramatically this year and the minibus has completed more than 80 runs and over 5000 miles. Midas minibus

driver training is ongoing with the first drivers who were trained locally 4 years ago now requiring refresher training. The minibus is available to hire for private events, parties, weddings or just for a day out and should you not have a trained driver, we will supply one of our volunteer drivers if available. If you would like to book the minibus, you can check its availability via www.gogolspie.co.uk/community-bus/

LUNCH CLUB

Lunch Club has taken place almost every fortnight this year, Covid permitting and we have on average between 16 to 22 local residents attending each time. This continues to be very popular and recipients are provided with excellent meals, thanks to John and his staff at The Stag's Head Hotel. The Go Golspie minibus is also used to take people to and from Lunch Club.

MAGICAL MYSTERY TOURS


A small number of tours have taken place this year and we hope to continue with more tours through to the spring.

MIDAS AND MINIBUS DRIVERS

35 drivers have completed standard driver training this year and 9 drivers have completed accessible (wheelchair) training, these including staff at Highland schools. We still have a number of enquiries coming in regarding Midas training and are looking into funding possibilities to pay for Midas and D1 training.

We are members of the Transport sub-group which is part of the Sutherland Community Partnership and we are members of the Community Transport Association (CTA).

We are always looking for more volunteer drivers for the car and the minibus, so please do get in touch if you think you can help.






**GO GOLSPIE
DEVELOPMENT TRUST**
MIDAS DRIVER TRAINING

Go Golspie can offer accredited MiDAS Training for minibus drivers and is open to volunteers to upskill and train to drive a minibus.

Training consists of a one-day training course where a nationally recognised certificate which is valid for 4 years, will be awarded to those who successfully complete the training.

The day consists of a Highway Code exam, a Midas exam and an on-road driving assessment. All drivers should have Category D1 entitlement on their driving licence.

For further information please contact Go Golspie Development trust by email at transport@gogolspie.co.uk by phone on 01408 634033, or call in to the office at Alba, Main Street, Golspie, KW10 6TA and have a chat.

Go Golspie is a Scottish Charitable Incorporated Organisation (SCIO - Number SC046438) Established November 2015.



Go Golspie Development Trust

NEEDS



Volunteer drivers urgently required to keep the Go Golspie car and minibus on the move. Full accredited MiDAS training offered to upskill or to train to drive a minibus.

For further information or an informal chat please contact transport@gogolspie.co.uk, phone 01408 634033, or pop into the Go Golspie office at Alba, Main St, Golspie. KW10 6TA

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GO GOLSPIE BOARD MEMBERS



We held our AGM in August and Tessa Till agreed to become Chair having previously been Deputy Chair and to replace Valerie Gale who stepped down as Interim Chair. We were delighted to welcome Liam Grant as Treasurer. Both he and John Murray joined the Go Golspie Board. Richard Gale stepped down as Treasurer and from the Board having been an inaugural member. The support and contributions of all who have been on our board and now have stepped down is much valued and will be missed.

We currently have space for one more Board member along with the optional role of Deputy Chair currently vacant. We 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, now with the support of a full-time Development Manager.

This 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.

'WALK AND TALK' WALKS

These are a new activity this year and take place monthly in collaboration with Golspie Bothy using our minibus for transport. These are shorter and more accessible walks and they have taken place since April starting from Big Burn, Littleferry, Duke Street and Balblair woods.

They are an opportunity to get outside and walk as much or as little as preferred with transport provided. The last one before the winter was on Monday 24th October when we met at Duke Street on a lovely sunny day. They will start again in April or May 2023 and dates will be publicised via Golspie Bothy, Go Golspie Facebook page and posters around the village.



FACEBOOK PAGE

Find us on  Go Golspie

We now have a new Go Golspie Facebook page and are starting to put details of activities and events onto it. Do please like and share our posts.

