



WHY SHOULD I VOLUNTEER?

WHO · WHAT · WHEN · WHERE · WHY



WELCOME!

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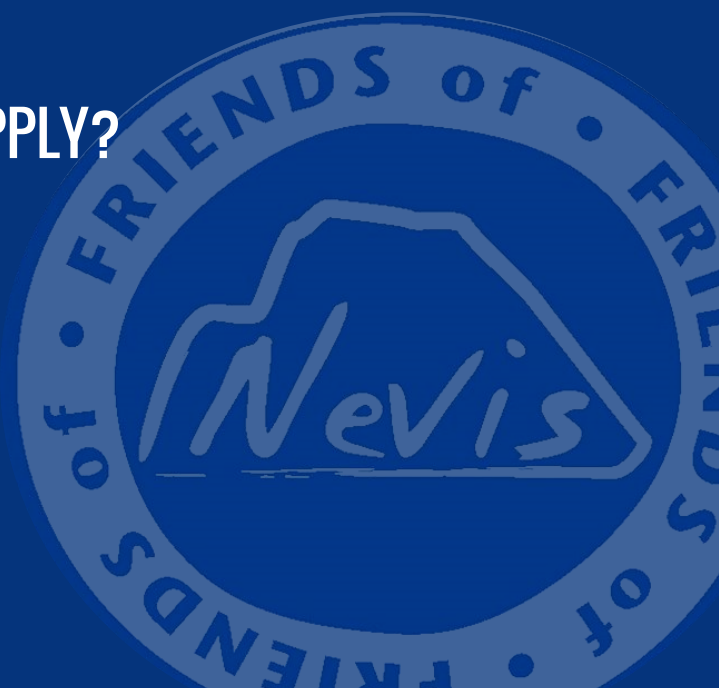
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SIGN ME UP!



WHO ARE FRIENDS OF NEVIS?

Friends of Nevis is a community-based conservation charity that launched eight years ago. The main objectives of the charity are to preserve, protect, enhance and support Ben Nevis and Glen Nevis.

We are a diverse group of people who work to encourage individuals, families and organisations to take ownership of their natural heritage and give their time to learn about and look after this beautiful place.

We are working in partnership with Nevis Landscape Partnership to offer a wide range of volunteer and learning opportunities.



WHAT IS THE NEVIS LANDSCAPE PARTNERSHIP?

We are an innovative collective made up of The Nevis Partnership, Scottish Natural Heritage, Forestry Commission Scotland, John Muir Trust, The Highland Council and Friends of Nevis.

Together we are Nevis Landscape Partnership and we have successfully secured £1.8m from Heritage Lottery Fund as lead funder of a £3.9m programme.

We aim to deliver nineteen distinct projects over a five year period. The Nevis Partnership is the host organisation for the programme and employs six members of staff and trains eight volunteer rangers each summer.



WHY SHOULD I VOLUNTEER?

LEARN FOOTPATH CONSTRUCTION | HABITAT & LANDSCAPE MANAGEMENT | DRYSTONE DYKING

FREE T-SHIRT DON'T GET YOUR BEST THREADS MUDDY

TRAINING OPPORTUNITIES JOHN MUIR AWARD | LEAVE NO TRACE

GET HANDS ON ABOUT CONSERVATION ENHANCE YOUR KNOWLEDGE

MEET NEW PEOPLE A CHANCE TO INTERACT WITH LIKE-MINDED INDIVIDUALS

FRESH AIR & EXERCISE WORK OUTDOORS IN A BEAUTIFUL LOCATION

10% DISCOUNT IN COTSWOLD OUTDOOR BONUS!

We believe volunteering is for **EVERYONE** and aim to organise activities which appeal to a wide range of people and abilities.



WHAT'S ON OFFER?

LITTER PICKS

Low level Glen Nevis & high up Ben Nevis we find it staggering what people leave behind. We aim to clean up, record and educate the public about the damage litter does. If you take it in, TAKE IT OUT!

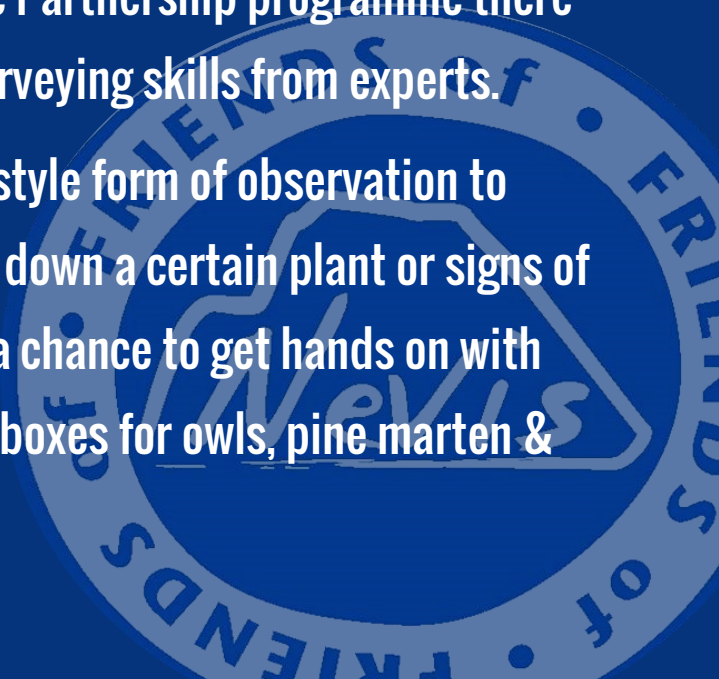
PATH MAINTENANCE

Footpath work ranges from cleaning out drains at low level to full on construction higher up Ben Nevis. Each day will have detailed & graded information so you can make an informed choice about getting involved. Nevis Landscape Partnership's Dougie will be on hand to teach you everything you'll ever need to know, no experience necessary.

WILDLIFE & HABITAT SURVEYS

Over the course of the Nevis Landscape Partnership programme there will be lots of opportunities to learn surveying skills from experts.

Survey days can vary from a stake-out style form of observation to traipsing around rough terrain hunting down a certain plant or signs of a particular animal. There will also be a chance to get hands on with the building and monitoring of wildlife boxes for owls, pine marten & red squirrels.



WHAT'S ON OFFER?

PART TWO

HABITAT MANAGEMENT

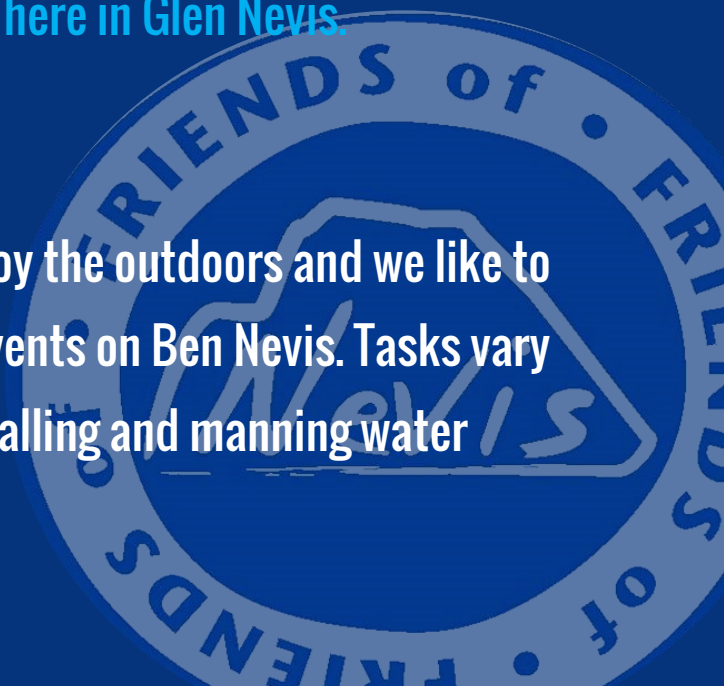
We want to remove non-native species, regenerate native species and in turn increase the biodiversity of Glen Nevis. You can get involved clearing Spruce to make way for natural regeneration or help us speed up the process with planting Scots Pine and Aspen. These projects take time, the trees you plant could take twenty years to take form but you'll be able to tell your children, grandchildren, nieces, nephews & godchildren you helped restore a whole forest!

ARCHAEOLOGY

Starting this year & running until 2017 we will be carrying out an excavation and vitrification experiment at Dun Deardail. A very exciting project and a great opportunity to learn all about archaeology and the mysteries of vitrification right here in Glen Nevis.

EVENT MARSHALLING

We actively encourage everyone to enjoy the outdoors and we like to lend a hand with mass participation events on Ben Nevis. Tasks vary from registration, litter picking, marshalling and manning water stations.



WHAT'S ON?

Friends of Nevis do more than just volunteer! We host a variety of walks, talks, workshops & ceilidhs throughout the year and

EVERYONE is invited.

Recently Matt Ritchie , Forestry Commission Scotland hosted a guided walk to Dun Deardail and West Highland Herbal lead a workshop exploring the wild herbs and plants of Glen Nevis.

We work with primary schools Lochaber-wide to tackle the problem of people leaving their rubbish in Glen Nevis. Keep an eye out for the brilliant anti-litter signs designed by local primary school children when your out & about.

We're a social bunch & thoroughly enjoy our annual dinner and ceilidh for Friends of Nevis and our volunteers. We hope to host an end-of-season barbeque & see you at our occasional pub socials.

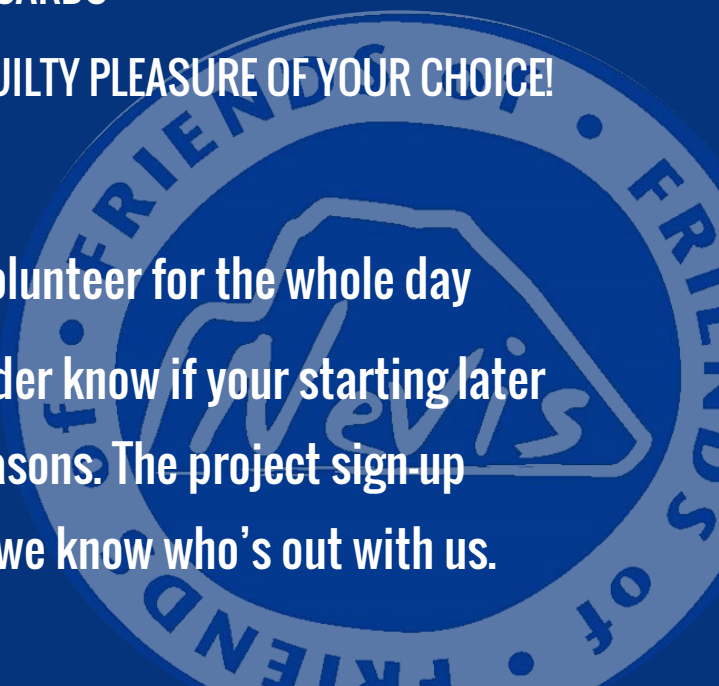


WHAT HAPPENS ON A TYPICAL VOLUNTEER DAY?

A typical volunteer day starts at 09:30 & finishes around 4:30 with two tea breaks and a lunch break in-between. If the weather isn't being kind we'll finish early!

- 1] MEET UP AT DESIGNATED TIME & PLACE
- 2] BRIEFING FROM EVENT LEADER ABOUT WHAT WE'RE DOING & WHY
- 3] TOOLBOX TALK & HEALTH AND SAFETY RUNTHROUGH
- 4] SIGN ON TO THE PROJECT
- 5] CARRY OUT THE TASK OF THE DAY
- 6] RETURN ALL THE TOOLS & CHECK THEM OFF
- 7] SIGN OFF PROJECT
- 8] EVENT LEADERS RETURNS ALL VOLUNTEER CARDS
- 9] GO HOME & REWARD YOURSELF WITH A GUILTY PLEASURE OF YOUR CHOICE!

We appreciate you may not be able to volunteer for the whole day however we will need you to let your leader know if your starting later or leaving early for health and safety reasons. The project sign-up sheet will be updated by your leader so we know who's out with us.



WHO LEADS THE VOLUNTEER EVENTS?

Most events will be led by Susan Nicol, our Volunteer Co-ordinator however depending on the event some volunteer days may be led by other Friends of Nevis volunteers or members of the Nevis Landscape Partnership team. All volunteer leaders are trained, experienced and qualified emergency outdoor first aiders.

Susan Nicol

Volunteer Co-ordinator

(01397) 701088

info@friendsofnevis.co.uk



WHAT SHOULD I BRING WITH ME ON A VOLUNTEER DAY?

YOU SHOULD BRING

PACKED LUNCH

WARM OLD CLOTHING TO WORK IN

WATERPROOF JACKET & TROUSERS

WARM HAT/GLOVES FOR WINTER

SUN HAT FOR SUMMER

STURDY FOOTWEAR (STEEL TOECAP FOR CERTAIN ACTIVITIES)

INSECT REPELLENT

SUNBLOCK F30

Some activities involve getting dirty and clothing may be damaged so you may want to try and pick up second-hand waterproofs/boots in a charity shop. We don't care what you look like, as long as you're warm, dry & comfy!



WHAT DO FRIENDS OF NEVIS SUPPLY US WITH?

WE PROVIDE

TRANSPORT IN THE NEVIS LANDSCAPE PARTNERSHIP MINIBUS

TEA/COFFEE/HOT CHOCOLATE/CUPPA SOUPS/BISCUITS*

ALL TOOLS & EQUIPMENT

WORK GLOVES

SAFETY GLASSES & HI-VIS VESTS (WHEN REQUIRED)

INSURANCE

FIRST AID KITS

GROUP SHELTERS (FOR TEA BREAKS ON THE HILL)

*ESPECIALLY THE CHOCOLATE-Y KIND!



CAN I GIVE FEEDBACK?

YES!

We welcome feedback and encourage you to do so via our online feedback survey which can be found on the Nevis Landscape Partnership website. We encourage you to be honest and we welcome suggestions for improvement and new activities.

“These volunteer projects are having a positive impact on Glen Nevis and I am proud to be part of the process.”

“It felt great making a positive difference to my local area, I had such a fun day out!”

“The efforts of Friends of Nevis gives us all the pleasure of experiencing the Glen litter-free, keep it up!”

www.nevislandscape.co.uk



SIGN ME UP!

I WANT TO BE A FRIEND OF NEVIS

New volunteers are asked to register so we can keep you informed of upcoming events, don't worry we NEVER share your information with any other organisations.

Registering is FREE & does not commit you to any specific level of volunteer participation. Help us when you can and we couldn't be more grateful!

You can register via the website, our e-mail or drop us a line!

www.nevislandscape.co.uk | volunteer@nevispartnership.co.uk | 01397 701088

Once you are registered head over to the website for a one-stop-shop of events being run by Friends of Nevis, John Muir Trust, Forestry Commission Scotland & Lochaber Countryside Rangers. For our events simply fill out the online event joining form and for events run by our partners follow the instructions given.

