

Forest School Leader Training

CCWT's Project Officer, Fiona Saywell, is currently training to be a Level 3 Forest School Leader. Part of the training involves delivering 6 sessions to a client group which is then assessed as part of the qualification. These sessions were recently delivered for Lochinver Primary School and involved 21 children in activities such as the Culag Wood fashion show, creating clay faces, learning to construct a shelter and mud maths in a Forest School Masterchef kitchen! The last session finished with a campfire at the White shore.



Leitir Easaidh All Abilities Path refreshed

The well trodden path at Little Assynt Estate has received a fresh topping this Spring, in time for the Easter rush. The original surface material had lasted remarkably well considering some of the winter weather it's had to endure over the past few years. The new smoother surface will ensure that all those who wish to experience the outdoors whatever their ability can continue to do so at Little Assynt.



2011-12 Woody Group statistics

Although the Woody Group have finished their official 2011-12 season in Culag Wood, there maybe one or two impromptu sessions organised during the summer months....(midges depending!) Throughout the last few months all the hard work has been carried out by a group of 13 regular volunteers.



The new noughts and crosses board at the Viewpoint

Important statistics include:
 Volunteer hours for this period = 168.5, not including hours spent by Ken making various items. Cakes eaten 84. Tea/coffee slurped 36 litres. Tea slurped per hour worked = 0.22 Ltr
 But it's not all tea & cake in the woods on a Wednesday afternoon: the hard work of the Woody Group members keeps Culag Wood in shape for everyone to enjoy.

These are the jobs that have been carried out this year:



- Willow weaved into Tepee x 2 sessions.
 - Willow weaved into the Nest x 1 session.
 - Chippings made for use within Culag Woods.
 - Noughts & crosses board installed at viewpoint (made by Ken).
 - Fence repaired around Tepee play area and locally (CCWT) produced chippings spread in tepee.
 - New seesaw installed in play area (made by Ken).
 - Vegetation cut back at various locations along paths x 2 sessions.
 - Wood cutting area cleared up from latest chainsaw course.
 - Duke of Sutherland obituary rock face cleared of moss.
 - Repair work attempted on steps.
 - Cleared path area above the black pool.
- Thank you from all the CCWT members and Directors for all the hard work.

Sport Relief & Keep Scotland Beautiful beach clean

Lochinver Pre School took part in the Sport Relief Mile in Culag Wood. All the children were sponsored to run down to the White Shore and back to the Pre School Wood. All the children were sponsored

to run down to the White Shore and back to the Pre School Wood. All the children were sponsored collecting a grand total of £333.50.

weigh in was held and in just over half an hour 200lbs (90kg) of rubbish was collected!



Assynt Rainbows and Brownies also ran a Sport Relief Mile, from the Leisure Centre to the shore in Culag Woods and back again. Their sponsors helped them raise a total of £300. At the beach the girls all took part in a beach clean as part of the Keep Scotland Beautiful campaign. After cleaning the two beaches a



CALL Project - New Tree Nursery Manager starts work

Nick Clooney has joined the CALL Project as the new Tree Nursery Manager. Nick lives in Achiltibuie and worked as the Manager of the Hydroponicum for 9 years.



His task now is to turn a section of Little Assynt Field into a productive native tree nursery. Part of the project is to also engage the community in all aspects of growing trees, so look out for events and volunteering opportunities in the future.

Nick, would be delighted to hear from you if you are interested in the project. Please feel welcome to contact him by email or via the CCWT office: nclooney@coigach-assynt.org

The Tree Nursery Project is currently funded by:

The Albert
 George and Nancy
 Caroline
 Youngman Trust





Bird ringing in Culag Wood

Pupils at Lochinver Primary School teamed up with the Highland Council Ranger Service, the local RSPB (Royal Society for the Protection of Birds) staff and the Highland Ringing Group to get a closer look at some of our local birds in the Culag Woods.

The children had been studying birds with the Ranger, Andy Summers. They had been putting out peanuts and seeds in the playground for several weeks and a great number of birds had started to arrive. All the birds were observed from a safe distance and counted. The results were sent into the RSPB as part of the national Great Garden Bird Watch. But some of the children said they would like to see the birds closer.

So the RSPB came to the school and set up some mist nets in the Culag woods. These are very fine mesh nets that it was almost impossible to see. The nets were set up near some bird feeders and it was not long before the first birds were caught.

36 birds of seven species were caught in just two hours. The commonest birds were blue tits and chaffinches but there were also coal tits, great tits, green finches and a blackbird. The highlight was a tiny goldcrest, the smallest bird in Britain weighing only five grams. Equally delightful were a number of long-tailed tits. No-one could believe how small they were and how long their tail. They were all fitted with a beautiful metal ring that would help ornithologists study how long they live and where they go. Then the children were taught how to hold the birds so they could release them back into the wild. All the birds were successfully released unharmed.



Chaffinch



Great Tit



Long-tailed Tit



Goldcrest

Celebrating the completion of the Culag Wood path improvements

Culag Community Woodland Trust hosted a "re opening" event in conjunction with the annual Easter Egg Hunt during the school holidays. The Easter eggs were strategically hidden by the Easter Bunny along the upgraded paths which took folk down to the White Shore. Here a barbecue was provided for all, together with entertainment from the local Gaelic choir, a childrens puppet show and a create a tree competition.



Prize winners from the "create a tree competition"

Mountains Made Accessible LLP

A new local company has been started by two former Culag Enterprises Ltd employees. Martin Callus and Marc Campbell, have set up the path building and rural skills company, Mountains Made Accessible. Using skills gained during construction of the Loch an t-Sabhail path at Little Assynt and the upgrading of Culag Wood path network, they have secured a contract with John Muir Trust to improve the Sandwood Bay path. Following this they are returning to Assynt to upgrade the Old Man of Stoer Path. The company specializes in upland & lowland path and stone work and can be contacted at 1 Old Coach House, Lochinver, IV27 4LE on 01571 844301 / 07983 342714 and by email, martincallus@yahoo.co.uk



The path to Sandwood Baybefore



.....and after.

Next Issue:

Get to know the trees in Culag Wood

Update on the Little Assynt Tree Nursery Project

Contact:

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