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networkbulletin

SUMMER 2021

FOR TCV SCOTLAND'S COMMUNITY NETWORK



**In this issue:
more broadleaved tree cover pledged
for the new Clyde Climate Forest**



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Welcome

Welcome to the latest issue of the Network Bulletin highlighting the work of The Conservation Volunteers in Scotland and of local groups belonging to our Community Network. The Network now has over 1600 member groups throughout the UK, with over 220 in Scotland, and rising! Thanks to players of People's Postcode Lottery, annual membership is currently **free** – [find out more](#)

Across the UK, TCV has been resuming selected outdoor volunteer activities within the Covid safety guidelines, as have some community volunteer groups and organisations. In Scotland we are also starting to run 'in-person' outdoor training events. Like everyone else we are looking forward to the Covid restrictions being eased further, although what the 'new normal' will look like remains to be seen.

In the meantime, if you would like to know which TCV groups and Green Gyms are operating, please take a look at our [website](#). The volunteering opportunities will increase as the restrictions ease. And keep an eye out on our social media and [Eventbrite](#) for news of our training and learning events coming up, both online and in-person.

The main news in this issue of the Bulletin is the launch of the ambitious Clyde Climate Forest with the aim of planting 18 million trees over the next decade to help combat climate change. If you live in one of the eight local authority areas within the forest region, there will be plenty of opportunities to take part for volunteers, schools and community groups.

And **'Uniting the world to tackle climate change'** is the focus of **COP26** coming up in Glasgow in early November. In the next issue of the Bulletin we'll highlight the many ways that The Conservation Volunteers are contributing towards the target of Net Zero carbon emissions. **If your own community group is engaged in efforts to combat climate change, please let us know by contacting g.burns@tcv.org.uk**



Plans to plant ten trees for every person in Glasgow City Region

Glasgow City Region Cabinet Chair, Councillor Susan Aitken, and young helpers at an inaugural Clyde Climate Forest tree planting.



This ambitious planting pledge lies at the heart of the new **Clyde Climate Forest**, which aims to help tackle climate change and breathe new life across the Glasgow City Region.

The Clyde Climate Forest was launched on 1 June 2021, involving TCV and other leading environmental organisations, plus the eight local authorities within the Glasgow City Region. The project is being delivered as part of the Glasgow & Clyde Valley Green Network. Over the next decade, ten trees for every man, woman and child will be planted

in the new 'forest'. With a population of 1.8 million that means around 18 million trees will be planted, increasing woodland cover in the region from 17% to 20%. The move is being viewed as an ideal opportunity for Glasgow City Region to demonstrate its commitment to reaching Net Zero carbon emissions, as it hosts COP26 in November.

There are around 29,000 hectares of broadleaved woodland in the region, but they are fragmented due to urban development. The new planting aims to connect these woodlands and help restore nature and boost biodiversity. New community woodlands, trees and forests will bring multiple benefits to local communities as well as to wildlife. The Covid pandemic has brought into focus like never before the value of local spaces as places to exercise, de-stress and engage with nature, and this project can help to deliver the Green Recovery.



Max Hislop.

TCV has recruited a project team to help implement the forest's vision and make it happen on the ground. Max Hislop is Head of Clyde Climate Forest, and is joined by David Walsh, Landowner Engagement Coordinator, and Graham McGrath, Senior Project Officer. Working to the principle of 'the right tree in the right place', the team aims to plant trees in areas where there are low levels of tree canopy cover, which often coincide with areas of deprivation.

Max said: *"I'm very excited to be leading such an exciting project. The Clyde Climate Forest has ambitious targets for tree planting in Glasgow City Region, which are commensurate with the climate and ecological challenge we all face. The CCF team are up for the challenge and we're looking to work alongside many others to make the targets deliverable."*

The project team is calling on community groups and land managers in these target areas to help them identify places to plant new trees, or replace ones that have been lost in the past.

These locations might include urban streets, derelict sites, parks or school grounds. Work is also beginning to encourage smaller landowners and local authorities to gear up for

The Clyde Climate Forest is being delivered as part of the Glasgow & Clyde Valley Green Network, with support from The Conservation Volunteers, Green Action Trust, Glasgow City Region, Trees for Cities, Scottish Forestry and Woodland Trust Scotland.

tree planting. They are being offered free woodland assessments to help them identify potential new areas to be greened-up with trees.

The project secured a £400,000 grant from the Woodland Trust’s Emergency Tree Fund as well as £150,000 from Scottish Forestry over the next two years to recruit the project team and kick-start the development of new planting schemes.

Find out more and how to take part at: [Clyde Climate Forest - GCV Green Network](#)



The Clyde Climate Forest will:

- address climate change
- help nature’s recovery
- contribute to Net Zero
- connect people to nature





GetGrowing Scotland



Creating a community growing project is a fantastic and increasingly popular way to bring people together for the benefit of themselves and the local area. Under-used or neglected land can be brought into productive use, fresh fruit and veg can be grown, skills and knowledge can be shared, and endless cups of tea can be drunk. What's not to like?

As well as the central aim of food growing there are also benefits for wildlife and biodiversity. And of course, for community growers there are the physical and mental benefits of being outdoors and simply being in a pleasant and supportive place.

GetGrowing Scotland is a new website and online network and one-stop-shop of information, resources and news to support people in Scotland to start and run their



Community growing spaces are good for people and wildlife.



own community growing sites. GetGrowing Scotland is co-ordinated by the Community Growing Forum Scotland, a group of grassroots projects and support organisations sharing information, inspiration, and expertise from communities and partners across Scotland.

The website has a **Resource** section with a range of **Know How** topics including:

- Garden Schools
- Making Way for Nature
- Contaminated Land
- How to set up a Therapeutic Garden Project
- Year-Round Planning
- Volunteers

Other information covers **Funding sources** and **Accreditation Schemes** to gain recognition for your project and volunteers.

And if you are an individual looking to grow in your garden or allotment, and keen to connect to the bigger picture, have a look at the **Grow Your Own** section.

Covid-19 Better Outdoors is a campaign – a call for action – for everyone involved in coordinating and delivering growing and nature-based activities in our communities to come together across Scotland to demonstrate we are able and ready to operate safely, with Covid-19 restrictions and guidelines as required, to welcome people back and invite new people to get involved, to *get growing* and *grow back stronger*.

www.getgrowingscotland.org

WHITBURN Community Development Trust

'At the heart of the community'

Breaking new ground in Whitburn

Getting started: the first volunteer session to dig and lift turf.



Laying down Type 1 hardcore as the base for raised beds. DAVID MACDONALD



An exciting new community growing space is taking shape in Whitburn, West Lothian, with a little help from TCV. Whitburn Community Garden is just one of the projects being developed by Whitburn and District Community Development Trust (WCDT). Here, **David Macdonald**, the Trust's Community Development Worker, outlines their hopes and plans for the garden.

To create the community garden WCDT secured funding from the Scottish Government's Town Capital Grant Fund and the Town Centre Improvement Fund. This is allowing us to build the basic infrastructure to bring a piece of unused land beside the local community centre into a productive space to grow our own fruit, vegetables, flowers etc. We have also successfully applied for a free tree package from the Woodland Trust for 105 trees to grow an array of fruits and nuts to potentially produce our own jams, jellies, wines and more. We also plan to have a sensory garden, a wildflower meadow, a therapeutic space for people to recuperate, a learning zone full of exciting things to touch and smell, and an accessible garden for people with sight loss or wheelchairs to be fully independent.



Young volunteer Jayden with mum Eileen.

The garden will not only benefit the local community as a whole, but participants and volunteers on an individual level. There are many benefits to volunteering which can lead to employment opportunities and have positive impacts on peoples' general health and wellbeing. 'Green exercise' like gardening can help reduce anxiety levels and improve mental health. Gardening is also a great form of aerobic exercise and can help boost your strength, stamina and flexibility. And the community garden will be a space where people can share and gain new skills, such as how to grow fresh tasty food, how to encourage wildlife, how to improve the local environment and more.

TCV's input to the garden is being led by Alice Kenny, Senior Project Officer, who says: *"It's great to be in at the beginning of a project like this - literally at the ground level, and I'm looking forward to seeing it grow and thrive. We helped organise the first volunteer work parties to dig out and fill a hard standing area for raised beds which we'll also help construct and install, as well as fruit cages and other features. Looking further ahead we hope to run some TCV sessions with local volunteers"*.

Whitburn Community Garden has the potential to engage the whole community and residents of all ages and backgrounds, and bring people together to create a more enterprising space within the town centre. The project has no shelf life or expiry date and will be an asset to the community for generations to come, like many other community gardens across West Lothian and Scotland.

If you are interested in joining our work party sessions or would like to volunteer on a longer-term basis, please get in touch me at David@whitburncdt.org.uk or call 01501 748708.

If you would like to be kept up-to-date with our progress, follow us on [Facebook @WhitburnCDT](#) and we can't wait to welcome you all when the garden is complete!



What makes viruses tick?

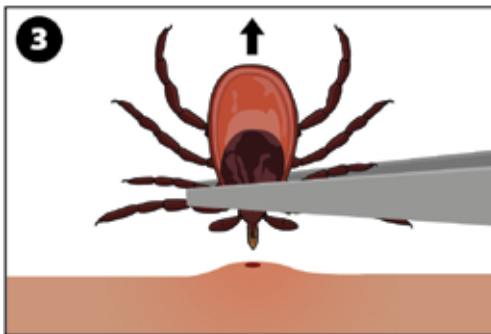
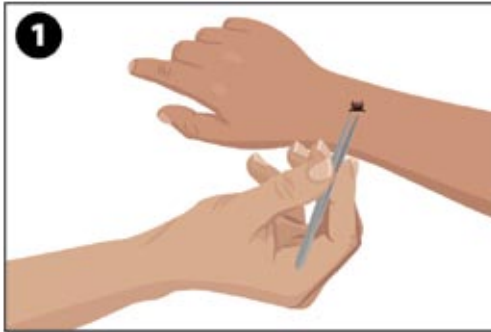
When asked to name a pesky little creature notorious for biting people in the great outdoors of Scotland, most people would think of midges. The mighty midge does indeed ruin many a camping trip or walk in the countryside, but there is another little biter that poses a greater health risk to us when we're outdoors, which is the tick. While most tick bites are actually harmless some can transmit infections such as Lyme's Disease, so it's wise for conservation volunteers and other outdoor lovers to be aware of the risks that ticks can present. And you can now take part in a tick research project.

This year, the Brennan Lab at the MRC-University of Glasgow Centre for Virus Research (CVR) are embarking on a public engagement project called **What makes viruses tick?** aiming to understand tick activity in and around Scotland, and what viruses they may be carrying.

Through a citizen science project, they will raise awareness of ticks and tick-borne diseases occurring across the country, and encourage people to register any sightings of ticks by sending them to their Twitter account at [@VirusesTickCVR](https://twitter.com/VirusesTickCVR) or by emailing them to virusestickCVR@glasgow.ac.uk.

"By empowering public audiences to get involved in our project, we hope to create a map of tick populations around the country. We can then work with stakeholders in these locations to collect tick samples from the field for analysis here at the CVR", says Dr Benjamin Brennan, lead scientist on the project.

The Brennan Lab will co-design this citizen science project with TCV, utilising our wealth of experience in working closely with volunteer groups across Scotland. These groups will be upskilled in how to safely identify ticks and report them to the Brennan Lab, with the hope of conducting field work together in the future.



This project will also work with outdoor pursuits organisations and local authorities to create educational resources for schools and families, allowing young people to learn more about ticks and how to keep themselves safe from being bitten. This will culminate in a two-week outreach programme as part of the Glasgow Science Festival in September 2021.

What is a tick?

Ticks are tiny spider-like creatures that live in woods and areas with long grass. Ticks do not jump or fly but attach themselves to the skin of animals or humans that brush past them. Once a tick bites into the skin, it feeds on blood for a few days before dropping off.

Preventing tick bites

If you're working on a conservation project or just out and about outdoors, especially in grassy areas, consider these ways of preventing tick bites:

- Wear long trousers and tuck them into your socks
- Stick to clear paths or low grass whenever possible
- Wear light coloured clothing, so ticks are easier to spot and brush off
- Thoroughly check yourself for attached ticks at the end of the day

Removing tick bites

If you find a tick on your skin follow the simple instructions on the left. The trick is to gently pull upwards – don't twist!





On the waterfront

TCV organises occasional activities down by the shore. Here are some recent examples:

Broughty Ferry

TCV Dundee organised a beach clean at Broughty Ferry (left) as part of Dundee Green Health Week. A dozen volunteers from across the city took part as we cleared our way up from Broughty Castle towards Barnhill. Despite the majority of the 12 bags worth of waste being sanitary products (please don't flush wet wipes!) the beach is actually looking in great condition and well worth a visit, Covid restrictions permitting. With the sun smiling down on us it was great to have Covid-safe volunteer groups back out again!

- **Josh Lawton, Senior Project Officer**

Cramond

Among their many activities, our Edinburgh volunteer group has recently been clearing Japanese Rose, *Rosa Rugosa*, from Cramond Foreshore, which is part of a Site of Special Scientific Interest (SSSI). Japanese Rose is an invasive non-native species which, like many others, has spread from gardens and formal parks into the wider environment. According to **Plantlife**: *'It suckers freely and forms dense, wide reaching thickets that can out-compete native species. Its distribution in the wild is on the increase, and it's especially frequent in coastal sites such as dunes, shingle banks and cliff tops where important native species can be at risk.'*

Removing Japanese Rose simply involves pulling it up by the roots, before burning to prevent its spread. The Cramond project is one of a series TCV organises with NatureScot for our volunteers to bring SSSI's into more favourable condition. At Cramond we also liaise with City of Edinburgh Council Natural Heritage Service, who manage the site.



TCV volunteers clearing Japanese Rose at Cramond Foreshore. DIANE OBST

*Confusingly, Japanese Rose may also refer to the plants *Kerria japonica* and *Rosa multiflora*.*

DIANE OBST





Clearing broom at Bo'ness Foreshore.

ETTIE SHATTOCK



Green Gym volunteers maintaining the footpath. ETTIE SHATTOCK

Bo'ness

Bo'ness Foreshore is the location of a regular TCV Green Gym. Here, our volunteers have carried out a variety of tasks:

- Cleared vegetation from the sides of the Sustrans National Cycle Network Route 76 which has provided more space for social distancing and path use
- Cut back invasive vegetation from the sides of footpaths
- Cleared areas of broom and sea buckthorn to open-up wildflower meadows
- Attended a session with Froglife building a hibernacula and pond dipping
- And it isn't all hard graft as the volunteers have enjoyed nature walks on the nature reserve

Bo'ness Green Gym sessions are running every Thursday from 10.30 - 12.00 through to August. If you would like to join in, please contact Ettie.shattock@tcv.org.uk or 07917 555850.

If you want to do your bit for your local beach or foreshore, why not join a community clean-up project, or run your own! There are a number of clean-up campaigns and resources organised and provided by **Keep Scotland Beautiful**, **Surfers Against Sewage** and the **Marine Conservation Society**.



Biodiversity programme back on track



Volunteer Norman busy in the Shields Road Depot in Glasgow. BO COUCH



Planting-up raised bed at Haymarket Depot, Edinburgh. DIANE OBST

After more than a year interrupted by the Covid pandemic, an innovative partnership between TCV and ScotRail is picking up speed again. Since 2017, TCV has organised volunteer groups to help improve the biodiversity on ScotRail sites in different parts of the country, including Glasgow, Inverness and Edinburgh. During the pandemic, only a limited amount of maintenance work has been possible, carried out by TCV staff working alone or with just a small number of volunteers. But with Covid restrictions easing, a new programme is getting underway from July 2021 to engage with more volunteers and ScotRail staff to enhance the surroundings and value to nature of ScotRail depots and stations across the country.



Maintaining the flower bed at Burntisland Station in Fife. DIANE OBST

Previous activities have included building and installing raised beds and planters, creating homes for nature, improving paths, and planting wildflowers and fruit trees. The new programme for 2021/22 will help maintain existing features and create new habitats. This will involve both TCV volunteers and groups of enthusiastic ‘Adopt a Station’ volunteers who help enhance the physical environment of their local stations, whilst improving their own health and wellbeing into the bargain. And TCV staff will provide further support and training for Adopter groups across Scotland to better manage and improve their sites.

The programme will also see a number of Open Days and other events for ScotRail staff, family and friends to take part in gardening tasks, bulb planting, building bird boxes and hedgehog homes, plus other fun activities and nature games for the youngsters. And ScotRail will be supporting a series of TCV nature play and citizen science activities with 4 primary schools in Glasgow. **So, there’s a lot of ‘green action’ lined-up, but the Covid virus is still with us, so all of these activities will be planned, risk-assessed and organised within the Government safety guidelines current at the time.**

So, looking to the year ahead, many ScotRail stations will have an added splash of colour and interest for passengers, wildlife and biodiversity will receive a boost, and there are the health benefits for all the volunteers and staff taking part. Everyone’s a winner!

“Working in partnership with TCV has achieved so much already. Their wonderful teams of volunteers have improved spaces at our sites for both nature and staff. I particularly love their reuse of materials to build planters, even using wood washed-up on the beach! I look forward to seeing the great work continue over the coming year.”

Nicole Tyson, Sustainability Manager, ScotRail

Funding Update

Finding funding for your project is a common challenge for many volunteering and environmental groups. To help such groups, TCV Scotland produces a Funding Update three times annually with basic details of the grants available, large and small. Some are open to applications from throughout the UK, while others are aimed at Scottish groups and organisations, or those located within a specific area of Scotland. During the Coronavirus pandemic some grant programmes have been paused or have focussed primarily on Covid emergency efforts, but many grant programmes are now open again for ‘regular’ applications.

[View the latest Funding Update here](#)



Free membership

With support from players of People’s Postcode Lottery, TCV’s Community Network is offering free one year membership to community organisations who care for their local greenspaces. The Community Network has over 1600 member groups spread throughout the UK, with over 220 in Scotland. [Find out more and join the Network here](#)

Make a mammal tunnel

TCV has teamed up with Glasgow Science Centre to create a short video showing you how to make a footprint tunnel to monitor the movement of hedgehogs and other small mammals in your garden. TCV’s Kirsty Crawford shows you how to make your tunnel and record the results of what you find. [More details here](#)

Non-Native Species webinars

Earlier this year TCV hosted two webinars with the Scottish Invasive Species Initiative (SISI). These outlined what invasive species are, how they got here, their impacts, and what we can do to ‘stop the spread’. Recordings of the webinars are available on the [SISI website](#)

TCV survey:

Supporting people with disabilities

How can TCV support people with disabilities to increase their access to nature and greenspaces, and the many benefits to mental and physical health this can bring? If your organisation represents people with disabilities, we would be grateful if you would help us understand this issue by taking part in our short [survey](#)

Nature Notes

One to look out for. The Painted Lady is one of only two butterfly species that migrate to the UK from Europe, the other being the Clouded Yellow. Whilst the Painted Lady is a regular visitor to these shores, there are some years such as 2019 when it arrives in its millions.



Clouded Yellow IAN KIRK/WIKIMEDIA

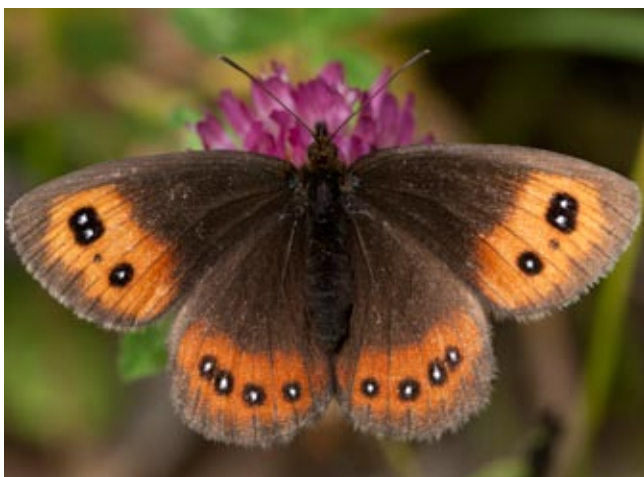
Welcoming our winged beauties



Painted Lady

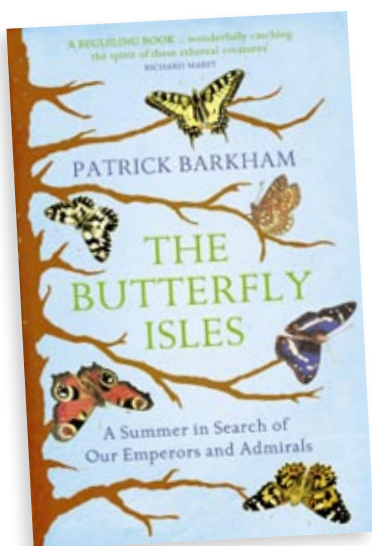
One of the welcome sights of summer is of butterflies fluttering erratically through our gardens, parks, woods and meadows. The UK has 59 butterfly species, with 57 being regular residents plus two regular migrants. Butterflies come in a dazzling variety of wing patterns and colours, with equally distinctive names - Red Admiral, Small Tortoiseshell, Scotch Argus, Orange-tip. Of these species about 35 breed in Scotland, with several only occurring here including the Slender Scotch Burnet and Rannoch Sprawler. And some species such as the Essex Skipper and White-letter Hairstreak are gradually migrating northwards into Southern Scotland, probably the result of climate change.

Butterflies play an important role in the food chain as well as being pollinators of plants. They are also sensitive indicators of the health of the environment. However, it's estimated about 76% of species have declined in recent years, the reasons for which are not fully



Scotch Argus (Erebia aethiops)

ISKOÇ GÜZELESMERİ/WIKIPEDIA



understood but habitat loss is considered a major factor. **Butterfly Conservation** is the main organisation devoted to saving butterflies and moths, and their habitats throughout the UK. The charity has over 30 nature reserves across the country, and its staff and volunteers are engaged in various conservation, research and education projects.

Butterfly Conservation outlines ways you can encourage butterflies into your own garden or greenspace. Advice is available on which plants provide food for caterpillars and which provide adult butterflies with energy-rich nectar. Examples of good caterpillar food plants include docks, dandelions and nettles which may be considered weeds by many gardeners, but hopefully a quiet corner can still be found for them. And buddleia (the butterfly bush), lavender and marjoram are good examples of nectar bearing plants to attract butterflies. **Find more butterfly gardening tips here**

If you don't know your Mountain Ringlet from your Marsh Fritillary or Green-veined White, there are plenty of butterfly identification books available, ranging from the Collins Gem guide which you can pop into your pocket, to larger and more comprehensive guides. And Butterfly Conservation Scotland has a series of downloadable **ID guides** concentrating on the butterflies (and some moths) of Scotland and most of its regions.

If you would like to find out more about the stories of butterflies behind the exotic names, a good place to begin is 'The Butterfly Isles' by Patrick Barkham, in which the naturalist sets out to see all of the British Isles' 59 species in a single year. This quest took him from the rolling Downs of Southern England seeking the Adonis Blue, to the Scottish Highlands in search of the Chequered Skipper, now extinct in England. During his travels, Barkham meets many butterfly experts and enthusiasts, and considers the current state and future fate of butterflies in the face of habitat loss, and increasingly climate change. On a positive note, he succeeded in finding all 59 UK species, and went one better by encountering an exceedingly rare foreign visitor, the Queen of Spain Fritillary.

You can help Butterfly Conservation 'take nature's pulse' by taking part in this year's Big Butterfly Count between 16 July - 8 August. [Details here](#)



The Network Bulletin is produced by The Conservation Volunteers in Scotland and features groups belonging to the Community Network, plus news of TCV's own projects and volunteers.

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Views and opinions expressed in the Network Bulletin do not necessarily reflect those of the editor or of The Conservation Volunteers.

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CLAIRE BRADY

Outside now!

The benefits of outdoor learning are shown in a short film made by the Seven Lochs project, which straddles the council boundaries of Glasgow and North Lanarkshire. Over the past few years TCV staff have organised a range of outdoor activities with local primary schools. These sessions provided young pupils with a wide range of experiences and benefits, with teachers particularly noticing a boost in the pupils' confidence. Hear about the programme from Seven Lochs Project Co-ordinator Scott plus some of the teachers and pupils involved. View the film here