


















Newsletter

Cuairt-litir



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Welcome Fàilte



Welcome to the December 2016 Edition of the High Life Highland Newsletter.

October 1st 2016 saw HLH reach its 5th birthday – an amazing achievement as it only seems like yesterday we were preparing to transfer services over from Highland Council.

It's been another exciting and rewarding year for the charity. In addition to maintaining and improving our everyday work, there have been a range of excellent events and projects taking place across the Highlands and you can read about many of these initiatives in this Christmas newsletter. One result of all the hard work is continuing evidence that HLH is increasingly being seen as a trusted partner with a number of organisations.

Of course, this has been achieved against a backdrop of an increasingly challenging financial position, but thanks to

the commitment and dedication of individuals and teams across HLH it looks like we are going to come out on the right side of the line at the end of the financial year in March.

In celebration of our 5 year anniversary there has been a range of events taking place to raise awareness of our status as a charity and in some cases the opportunity has been taken to generate some very useful donations. We are looking forward to hosting more events over the duration of our birthday year and I hope you will support your colleagues in their efforts until the celebrations conclude in September 2017.

As always, there will be challenges ahead in the coming year, however I remain confident that we will continue to rise to these challenges, working together as a team to maintain the important services we deliver for individuals, families and communities across the Highlands.

Wishing you and yours the compliments of the season.

Ian Murray - Chief Executive

Sports | Spòrs

Aviemore Community Sports Hub wins National Award

We were delighted when the Aviemore Community Sport Hub won the award for Community Hub, Club or School of the Year at the Team Scotland Scottish Sports Awards 2016.

The Aviemore Community Sport Hub has become the biggest in Highland and now supports 25 clubs that between them have over 2600 members and 160 deliverers.

The hub works with a range of clubs, partners and organisations to improve the provision of local sport for everyone within the community.

A club sport open day organised at Kingussie High School in April has been recognised as an exemplar model of sports development and is now being replicated in other areas of the country.

Ian Murray said:

“The project has had a big impact in developing local coaches by piloting **sport**scotland’s Coach Connect series of workshops, working with local schools to improve opportunities for children and the promotion of sport by a range of initiatives.



The vision for the Aviemore Community Sport Hub is to build on the strong partnership between community clubs and local organisations that collectively aim to provide a quality package of sport and physical activity provision providing a comprehensive pathway from fun to excellence.

The ongoing success of the project is testament to the commitment and vision of the volunteers, professionals and staff that makes sport happen locally.”

The Community Sport Hub has a working group that meets every few months to plan and develop the project. This group is made up of a mix of local volunteers and professionals who work together towards a shared vision

Above: Darren Reid (far right) and Donald Hall (Inside right) collect the prize from Eilidh Doyle (Rio 2016 athletics bronze medallist, far left) and Steve Frew (Commonwealth Games 2002 gymnastics gold medallist, Inside left)

Sports | Spòrs

Movers and Shakers

Funded as part of a wider Community Planning Partnership application by Spirit of 2012 for 1 year the Movers and Shakers Project aims to:

- ✱ Increase the range of “non-sport” activities available in communities across the Highlands.
- ✱ Encourage teenage girls to become and remain more active.
- ✱ Increase the number of volunteers and volunteering opportunities available across a range of Highland communities.
- ✱ Increase the capacity in local communities to encourage individuals to become and remain more active.
- ✱ To use dance to promote the mental wellbeing and social inclusion benefits of being involved in a group activity to teenage girls.



We employed a tutor whose role is to deliver Dance Leadership Training and Mentoring across the Highland area in partnership with Active Schools Coordinators.

Since January 2016 197 teenage girls have been trained in Dance Leadership.

These Movers and Shakers have gone on to lead over 1000 of their peers in dance activity.

We also held the first Movers and Shakers Celebration - which was a day where 97 Movers and Shakers from across Highland were taking part in different dance styles and choreography skills workshops.

The project has achieved more than “getting girls active”. The wider impact on participants mental wellbeing and social inclusion has been bigger than we could have imagined.

Sports | Spòrs

Leadership Programme

There are currently around 1500 young people across the Highlands aged between 12-25 years registered with the HLH Leadership Programme.

Our unique programme utilises leadership as a tool in which to engage young people, facilitating opportunity and progression through recognised and accredited awards requiring a substantial commitment to volunteering. Being involved in the HLH programme equips our young people with the necessary experiences, qualifications and employability skills required to build a successful career or improve opportunities to support progression to further education. For many the Leadership Programme provides an alternative curriculum building upon what is achieved in mainstream education. Although underpinned by leadership in sport and youth work, the awards can be utilised by young people volunteering in clubs, facilities

and schools. All members of the programme are also encouraged to sign up for Saltire Awards. These national awards are designed to formally recognise the commitment and contribution of youth volunteering.

We are striving to provide an inclusive universal Leadership Programme for every young person in Highland irrespective of school attended, gender, race or socio-economic background. Various targeted projects have been very successful. In October the first ever Gaelic medium Sports Leader course was delivered at Sabhal Mor Ostaig on the Isle of Skye. Eight young leaders from Nairn to Mallaig were trained, before being deployed to deliver activity in Gaelic medium in their own communities. Our Movers and Shakers dance leaders project targetted inactive girls. As a result we have seen significant increase in activity in teenage girls across Highland.



Youth Work | Obair òigridh

Developing Partnerships

Development Partnership working with Highland's High Schools.

HLH Youth Development team have been out and about over the autumn working with our Care and Learning partners at the 29 High Schools in Highland. We have been establishing partnership agreements in each area that will enhance the positive impact youth work is already having in young people's lives. The partnerships focus on 3 priority strands of youth work that will further develop quality and consistency in the provision of our work in 2017: getting involved, getting heard and getting on. From providing opportunities to get involved in local youth clubs and Fusion events to getting heard at local, regional and national youth democracy forums and by supporting young people to gain recognised achievement awards along the way. The youth work team are looking forward to an exciting 2017.

Above - Get Heard- Highland! – Young people have a voice and influence decision making at the Highland Youth Parliament Conference at Sabhal More Ostaig in June 2016.



A case study

High Life Highland and Wick High School formed a partnership earlier in 2016 to place an Assistant Youth Worker in the school and community throughout the school day. This member of staff works with young people who have behavioural, emotional or attendance issues but do not meet the criteria for a Children's Service Worker referral. This early intervention gives young people dedicated time to discuss and work on issues in an informal manner and has proved successful in preventing problems from escalating to the point where more formal intervention would be required. The informal and professional approach of a youth worker complementing a dynamic and supportive school approach is an important aspect of the success of this work.

Leisure Facilities | Goireasan cur-seachad

New and Upgraded Facilities

Inverness Leisure

Inverness Leisure became part of High Life Highland on April 1st 2016. In the period prior to this a wide range of work was undertaken to ensure a smooth transition so that that the facility continued to provide excellent customer service to its more than one million visitors per year.



Steven Clelland, previously manager of Culloden and Nairn Leisure Centres has been appointed interim manager and continues to develop the facility and team.

We were pleased to welcome to all of the transferring Inverness Leisure staff and the charity looks forward to working with them to maintain and develop Inverness Leisure's reputation as the premier sports and leisure venue in the city of Inverness.

Leisure Facilities | Goireasan cur-seachad

New and Upgraded Facilities

Averon Leisure Centre and Library

The Averon Leisure Centre and Library recently underwent refurbishment bringing the centre up to date and combining the library and leisure centre receptions. These refurbishments have been well received by the local community and have allowed for an extended library service in Alness.



Leisure Facilities | Goireasan cur-seachad

New and Upgraded Facilities

Thurso Leisure Centre

Works at Thurso Swimming Pool, now known as Thurso Leisure Centre, are nearing completion. As well as providing essential updates to the swimming pool area, the £2.4M improvements will bring new changing facilities, an upgraded gym and a new studio.

During these major works, the team at the pool have worked hard to continue offering the gym facility and as much of the usual service as possible. The dry side has now re-opened to excellent customer feedback;

“Absolutely love the new gym! Well worth the wait! also brilliant having staff available to show you how to work everything!! If the gym is anything to go by I can’t wait for the pool!” – Facebook Review

The facility is scheduled to fully re-open in early 2017



Leisure Facilities | Goireasan cur-seachad

New and Upgraded Facilities

East Caithness Community Facility

As well as comprehensive refurbishments at Thurso Leisure Centre, Caithness residents will soon be able to enjoy access to the new East Caithness Community Facility in Wick.

Incorporating a newly built library, fitness room, swimming pool with floating floor, sauna, steam room and viewing area these new facilities represent a significant improvement and bring modern state of the art equipment and wellbeing opportunities to the people of Wick.

During evenings and weekends the local community can also enjoy access to 4 court games hall, gymnasium and performance space.

The facility is due to open in early 2017.



Leisure Facilities | Goireasan cur-seachad

Move it to Lose it

Move it to Lose it Christmas Challenge 2016

The six week challenge has again proved successful this year with classes and weigh-ins taking place across the Highlands at all participating High Life Highland leisure centres. In total there have been 733 registered participants with 65 of these taking a special Move it to Lose it short term membership at their local centre.

The campaign encouraged participants to increase their physical activity levels in the run-up to the festive season. The challenge was accessible for all and the leisure team supported Move it to Lose it participants, providing motivation and professional advice, to improve health and lose weight in a fun environment.

As well as the obvious physical benefits, exercise significantly boosts mood and confidence, health and wellbeing – and helps to beat the winter blues. This year the programme included optional health checks in week one and week six



Adult Learning | Ionnsachadh inbheach

How Scottish Book Week 2016 was celebrated by the Adult Learning Team

High Life Highland's Adult Learning team was delighted to once again work in partnership with Scottish Book Trust to promote reading for pleasure during Scottish Book Week 2016. During the week, 21st to 25th November, the team engaged with 195 people ranging in age from young people in their late teens to the over eighties. We gave away 264 books in total, some of which were purchased with Scottish Book Trust funding. We also gave away many copies of "Secrets and Confessions" which was published especially for Scottish Book Week by the Trust. In addition to giving away books a number of book week activities were delivered across Highland to celebrate books and the pleasure of reading. Here is a selection of the activities which took place:

- An awareness raising event was held in Inverness for ESOL (English for Speakers of Other Languages) learners which introduced inward migrants to Scottish Book Week and its benefits to adults and families. Learners received free Scottish Book Week texts and multilingual books donated by High Life Highland Libraries. A Reading for Pleasure Advocate, who is an adult learner, gave away books to parents at a primary school

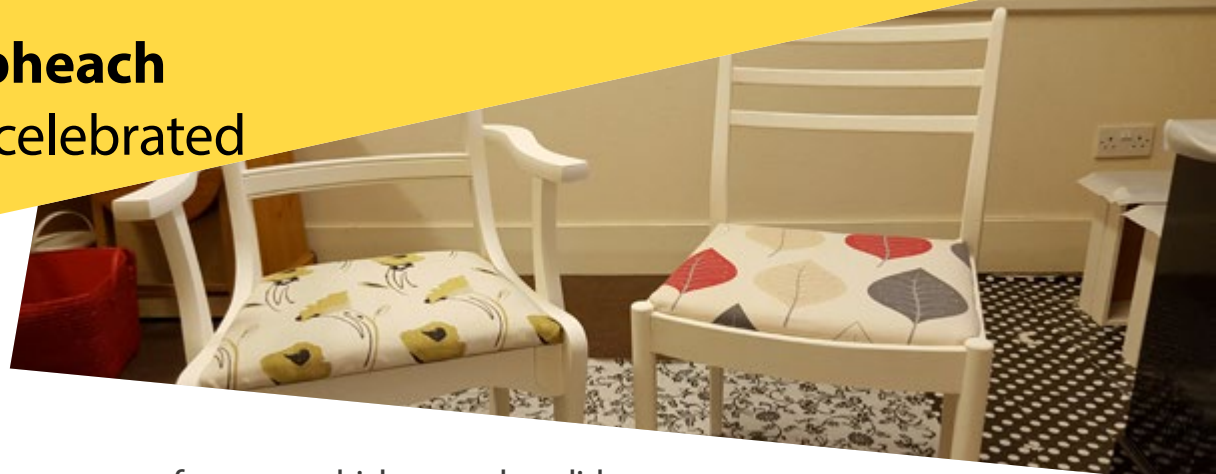


in Inverness and promoted reading for pleasure.

- A morning of activities was organised for ESOL learners in Invergordon – book making, using iPads, and cookery. For the people who participated, Scottish Book Week was a really positive experience. They thoroughly enjoyed the activities and enthusiastically took part. They were delighted to be able to take a cook book home with them at the end of the morning.
- Book Share books were left in a variety of locations throughout Lochaber. When the concept was explained to people they were very interested and thought it was a wonderful idea. Each book had a slip pasted inside where

Adult Learning | Ionnsachadh inbheach

How Scottish Book Week 2016 was celebrated by the Adult Learning Team



readers could fill in their name and where they found the book. Contact details for HLH Adult Learning were also included so that readers could make contact and provide feedback. The SBT free book was mostly distributed out on the street in Fort William to people going about their jobs. One man came back and asked for another copy for his neighbour. People were very pleasantly surprised to receive a free book. A book giveaway walkabout also took place in Arisaig.

- In Sutherland Scottish Book Week was used to prepare for an in-house Book and Arts Festival -John Muir Book and Arts Festival at Brora Learning Centre – which will take place on March 2nd 2017, World Book Day. Copies of “Secrets and Confessions” were given to students and a number of gift books were given to the younger members of the group and the male students.
- A display table promoting Scottish Book Week and adult learning was placed in the Nairn Community Centre. People were invited to complete a survey of their reading

preferences, which a number did.

- An origami session was arranged for Young Carers staff and volunteers in Skye so that they could teach the young carers these skills. Origami books were given to them to celebrate Scottish Book Week and use in the sessions with the young carers. Books were given away in a variety of locations across Skye, including Kyleakin, Staffin, Dunvegan, and Portree. Alzheimer Scotland worked with HLH to give books to two groups of carers at their meetings. They were delighted to receive the books. Books were also provided to parents through a local nursery in Portree.
- In Wick, books were given to learners in the upcycling classes which will help them with their projects and enhance their learning experience. In Lybster the books which were gifted will to be used within the new Lybster Tool Shed so that they can be referenced by any shed user. They were delighted to have these books given to them. Two learners each upcycled an old chair making them into a chic piece of furniture to sit on and read in style!

Adult Learning | Ionnsachadh inbheach

How ipads help learners develop new skills

In 2015 High Life Highland Adult Learning Co-ordinators were each supplied with ipads to add to their learning resources. The use of digital technology is now so prevalent in our society that using it effectively is considered an essential skill.

Over the past 18 months the ipads have been very well used and have made a real difference to people's learning:

- * They have been used by 55 learning groups – that's over 300 learners
- * They have been used by 25 learners in one-to-one tutoring sessions
- * Over 600 learning hours have been delivered using the ipads

People with specific learning difficulties such as Dyslexia now have access to apps which can help them. ESOL learners (English for Speakers of Other Languages) can find additional help with their language learning through the use of apps as well.

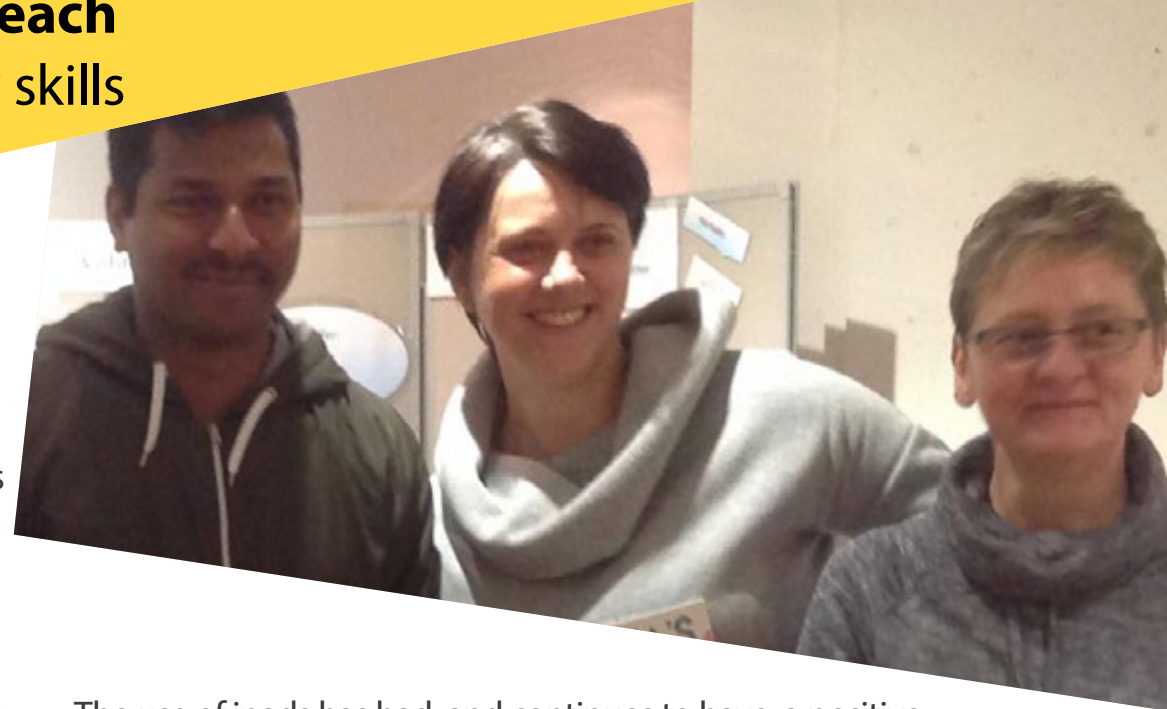
Our sessional and volunteer tutors have also benefitted through workshops to help them improve their own digital skills so that they are more confident in supporting the learners they work with. Some of these workshops were delivered in partnership with Citizens Online.

There are numerous examples of how the ipads have enhanced the learning opportunities we offer through High Life Highland:



Adult Learning | Ionnsachadh inbheach

How iPads help learners develop new skills



- * A learner accessed resource materials and practice tests to help him get his Construction Skills Certificate Scheme card and increase his employment opportunities.
- * Learners have used iPads as part of craft sessions. Many have gone on to take computing sessions to increase their digital skills, including You Time sessions and drop-in sessions in libraries.
- * The iPads have been used as tools to stimulate conversations and creativity.
- * Learners have commented on how their confidence has grown through using the iPads.
- * The iPads were used during the European Day of Languages event to deliver many of the activities run during the day.

The use of iPads has had, and continues to have, a positive impact in delivering adult learning throughout Highland and has helped learners achieve their learning goals whilst increasing their own, and our tutors, digital skills, confidence and knowledge. The feedback from learners has been excellent and they are very appreciative of having the opportunity to use these tools. The Adult Learning team continues to explore other ways in which the iPads can be used to enhance the learning experience we offer.

A detailed report on the use of iPads, including case studies, by High life Highland's Adult Learning team is available. Please contact Mike Jones if you would like a copy.

Museums and Attractions | Taighean-tasgaidh

IMAG - Remembering the Great War

A collection of portraits from the Scottish National Portrait Gallery was on display at Inverness Museum & Art Gallery to commemorate the Scots in World War 1.

Remembering the Great War is an exhibition of works from the National Galleries of Scotland brought together to mark the centenary of the First World War. Thought provoking and poignant, encompassing famous Scots as well as far less well-known figures, this exhibition shows a selection of portraits drawn from the original exhibition at the Scottish National Portrait Gallery, which formed a major part of the global commemorations of World War 1. It provides a significant opportunity for people to learn about the devastating impact of the First World War and its consequences and specifically about the key role that Scotland and the Scottish people played.

The exhibition begins with an exploration of some of the significant figures who played a part, as both proponents and opponents in the run up to the outbreak of war, including James Keir Hardie, who together with James Ramsay MacDonald, was strongly opposed to the war and

General Henry Sinclair, born in Caithness, painted by John Singer Sargent.

Images telling the story of women and the war effort, address not only the social changes brought about by the conflict, but the opportunities it gave to those at home, particularly through the Suffrage movement, represented by suffragist Flora Drummond. Writer Naomi Mitchison, portrayed here by Wyndham Lewis, gave up studying medicine to become a nurse and Marjory Kennedy Fraser, a Scottish folk song composer and collector founded Bangour Village hospital to help those suffering from mental illness, which became a treatment centre for sufferers of shell shock.

The personal stories of significant and recognisable figures in the Scottish artistic landscape at the start of the 20th century are also featured. Writer J M Barrie lost his adopted son at Flanders; artist Sir William Gillies was wounded in action and Harry Lauder, who entertained troops at the Front, wrote the morale-boosting anthem 'Keep Right on to the End of the Road' and whose only son was killed in France on Boxing Day, 1916.

The exhibition concludes with a display of works by contemporary photographer Peter Cattrell showing haunting recent images of the Somme battlefield in France and a moving film of the 4th Cameron Highlanders at Bedford.

Museums and Attractions | Taighean-tasgaidh

Bouchardon Sculpture

An eighteenth century sculpture, which was lost for many years, and rediscovered by local Councillor Maxine Smith, propping open a shed door, is leaving its home in the Highlands to set off on a world tour to some of the greatest galleries on the globe.

The bust of landowner and MP Sir John Gordon – whose family gave their name to Invergordon – was sculpted by the French artist Edmé Bouchardon in 1728.

Subsequently valued by experts at around £1.4 million, it was recently on display at the Louvre, in Paris, taking pride of place alongside world renowned works of art like da Vinci's Mona Lisa, the Venus de Milo and Whistler's Mother. It was part of the gallery's tribute to Bouchardon, entitled "A Sublime Idea of Beauty". The Bust will also go on display at the Getty Museum, Los Angeles in January 2017.

The international galleries had requested a loan of Sir John's bust, which is cared for by High Life Highland on behalf of The Highland Council. It will return to the Highlands in the Spring of next year.

Speaking about her famous find now making its way around the world Councillor Smith said,



"I had been in search of the former provost's robes and little did I realise how important this doorstop was that was holding open the door! The Bouchardon sculpture is now raising the profile of Invergordon, the Highlands and Inverness Museum and Art Gallery in some of the world's top museums. I am delighted that its true identity and value to the art world has been discovered and I am very pleased that a part of Invergordon and Highland heritage is now being toured around the world."

Archives | Tasglannan

Explore your Archives

This year Highland Archive Centre twinned the annual Explore Your Archive campaign with Book Week Scotland to promote creative writing inspired by the amazing documents we hold.

The team selected documents which were rich in setting or character (including items relating to Jacobites, slaves, murders, gold miners, French Resistance fighters and many others) and invited people to view them, create a piece of work inspired by what they had seen and submit it for inclusion in an exhibition. Copies of documents were placed in 'storyboxes' in Inverness Museum and Art Gallery and Inverness Library, and uploaded a selection onto our [website](#)

In addition to publicising through social media and press releases Highland schools were approached, aiming to show pupils that historical documents are exciting and relevant, and hopefully explaining to the next generation the importance of archives. St Joseph's Primary P5s visited, as did all of Millburn Academy S2 (200 pupils!). Their feedback has been fantastic!



"My experience here was amazing, I enjoyed being here and learning about what it was like 300 years ago. I loved it so much here. I would like to come back here." – P5 pupil

"Amazing place with amazing great facts and documents about the past." –S2 pupil

"Thanks again for your hard work, enthusiasm and your dedication in bringing some real history to the kids of Inverness" – Millburn Academy Head of History

Hopefully this will raise awareness of archives and help to build stronger relationships in the community. The team begun to receive the creative responses including poems, songs, pictures and stories. The documents are available online until the end of 2016 so why not get inspired and have a go?

Archives | Tasglannan

New and Upgraded Facilities

Nucleus Nuclear Archive

The Nuclear and Caithness Archive building will be completed during 2017. This will become home to the archives of the entire UK civil nuclear industry as well as the historical archives of the county of Caithness. The new archive is designed to hold an estimated 20 kilometres of records in ideal environmental conditions for generations to come.

The records of the nuclear industry date back over 70 years and include plans, drawings, photographs, film, microfiche and documents. These have previously been held at various sites across the UK including Dounreay in Caithness, Harwell in Oxfordshire, Trawsfynydd in Snowdonia, and Sellafield in Cumbria. Starting in 2016 all nuclear records requiring long-term preservation will be relocated to the Wick archive where they will be processed, digitised, stored

and where possible made available to industry and the public. The relocation will take several years to complete.

By way of contrast, the archives of Caithness date from the 16th century and have previously been looked after at the Caithness Archive Centre, a service provided by High Life Highland on behalf of the Highland Council. These historic collections will also be transferred to the NDA Archive, where they will continue to be made available to members of the public for family and local history research.



Highland Folk Museum

Taigh-tasgaidh Sluagh na Gàidhealtachd

Am Fasgadh Receives Design Award

2016 is Scotland's Year of Innovation, Architecture and Design and to celebrate, the Cairngorms National Park Authority held their second Design Awards competition. The winners were announced at a special event in the Boat of Garten Community Hall on the 14th November. The Folk Museum were delighted that Am Fasgadh, which houses the Highland Folk Museum's collections received the top award in the 'Place Making' category.

Andrew Wright, one of the judges tasked with deciding on the winners said:

"We were impressed with the high quality of the entries across the categories and the enthusiasm of those who had prepared them. Arriving at decisions as to which of the projects merited awards was challenging, and at the end of the exercise we were left with the firm impression that design standards were rising within the boundaries of the National Park and that the awards scheme had been successful in promoting the value of good design – not only to those who benefited from it directly, but to the wider community."



It was particularly encouraging to receive this award as the task at the outset was difficult one. How to design and construct a building large enough to house the Museum's 15,000 strong collection, including many large items, which fitted in with the natural environment of the Museum and the landscape of the Cairngorm National Park. There was also a requirement to have offices and educational facilities. Despite a few 'bumps in the road', this was largely achieved and the Museum now have a building to be proud of where it can protect and develop HFM's collection for many years to come.

Libraries | Leabharlannan

Book Week Scotland

Book Week Scotland

Libraries across the Highlands took part in Book Week Scotland (BWS). Initiated and funded by the Scottish Government and co-ordinated by the Scottish Book Trust, BWS is a week-long celebration of books and reading that takes place every November.

A fantastic range of events was organised and enjoyed by people of all ages and walks of life. Our youngest customers took part in special Bookbug and book pack gifting sessions, there were crafts and author visits for our primary aged children and quizzes and more authors for the teens. Visiting authors entertained with poetry readings, book launches, foraging and cooking. Invergordon mobile library customers constructed a book caterpillar, using card discs which were attached to the inside of the van roof. Each customer wrote the name of their favourite book on the disc and as the week went on the caterpillar grew longer and longer! Invergordon library organised a Murder Mystery evening and our smallest library in Knoydart had a book mark competition.



There were several themed displays, some tying into Scottish Book to Film adaptations, encouraging customers to take part in a BWS online vote: the winner, by miles, was Outlander. Copies of this year's anthology, Secrets and Confessions, were available in all libraries.

Library staff in all libraries did a tremendous job of making sure this year's Book Week Scotland was a huge success, hosting more events than ever before, for the week.

Libraries | Leabharlannan

Fundraising and Donations

Fundraising and Donations

HLH Libraries have been running a series of fundraising events that will both raise awareness of HLH as a charity and look for voluntary financial contributions from the public that will help protect the running of our many services as we expect central funding to become more challenging.

Once again library staff have risen to the challenge, organising book sales, quiz nights, craft fairs, coffee mornings and lego build – offs, to name but a few. Libraries will soon all have donations boxes and it is also possible to donate online via the HLH website. Customers have been very positive and keen to support their local library - several staff have reported conversations where customers had not realised that HLH is a charity. The initiative has raised awareness of this.

- ✧ Fort William book stall raised over £600
- ✧ Fortrose Library held a fancy dress competition during their coffee morning and craft sale, raising over £300



Love Your Library

In addition to the onsite fundraising efforts detailed above, Love your Library is an initiative that allows customers to make a donation to their local library and have their name recognised on the books and other items which their donation allows High Life Highland to purchase. Donors are also recognised on plaques and posters in their local library.

There has been a warm response to Love your Library so far, with customers recognising its potential as an excellent Christmas gift for a special someone that already has everything that they want.

You can view the Love your Library collection at shop.hIGHLIFEHIGHLAND.COM/

Libraries | Leabharlannan

Every Child a Member

Every Child a Library Member

The Every Child a Library Member initiative is designed to promote library membership of younger children. It sits alongside the Scottish Government's Read, Write, Count campaign which targets literacy and numeracy in Early Years, specifically in the first three years of primary school.

Across Highland Network Librarians and frontline staff received specialised training to enable them to work closely and confidently with classroom practitioners. Library staff cascaded the training, as required, to classroom practitioners in their local area. This helps to build links between classroom, library, home and family to offer a holistic approach to early year's literacy

The programme of activities offered is designed to enhance and enrich the literacy experience of pupils receiving their Bookbug P1 Family Bags. Bags are traditionally gifted in November, during Book Week Scotland.

Pupils in Primary 1, who aren't already library members, are automatically signed up and their library membership



cards are gifted alongside the Bookbug P1 Family Bags. Pupils learn about the library service and its resources at outreach visits and all children and their families are encouraged to follow up with a visit to their local library.

All Highland schools receive an invitation to bring classes to an inspiring library induction session which includes book-sharing, reading for pleasure and reading for information.

#HighVoltage

Libraries are leading a Highland wide coordinated volunteer programme to support young adults to offer new events, activities and services in libraries for the whole community. Teenage volunteers will be offered training and support which will provide them with the necessary skills and confidence to lead on engaging projects for their local communities in the library environment.

As part of a full recruitment and induction programme volunteers will be invited to attend Masterclass instruction in a range of activities. Volunteers can then select from a menu of volunteering options matched to their personal interests in areas such as digital literacies, shared reading and creative play.

Events will be branded and marketed under the “High Voltage” banner and will be delivered in accordance with local community needs. The teen volunteers will be easily identifiable and shared branding will underpin their sense of identity and belonging.



All volunteers will be given the opportunity to participate in High Life Highland’s “Leadership Programme” under the guidance of our Leadership Development Officer and will be supported in gaining formal accreditation in the form of Leadership Awards for their contribution.

Outdoor Activities | Foghlam air a' bhlàr a-muigh

It is perhaps a cliché to say that mountain biking in the UK is one of the fastest growing leisure pursuits – and perhaps it is not totally true. It is however true to say that Scotland offers some of the best single track and adventurous mountain biking in the world. With this in mind, the High Life Highland Outdoor Activities team organised mountain bike skills coaching for ladies only. The half day sessions took place in a variety of excellent venues, generally within 60 minutes of Inverness. Over 20 ladies were coached by the excellent Jenny Aungier a British Cycling – UKCC L2 MTB Coach and Scottish Cycling – Mountain Bike Leader. The sessions were well attended and there are without a doubt, some energised, skilled and confident ladies on the trails. There will be more sessions in 2017 with some guided journeys; there are even day rides along the Great



Glen Way – the whole of it! See the [Outdoor Activities](#) web page for dates and details. Can the gentlemen swallow their pride and get some mountain bike coaching? It will be well worth it for many reasons including their own safety. Why not buy a session for a Christmas present? Contact the [Outdoor Activities](#) team for details. ”

Arrivals and Departures (Oct-December 2016)

A' Tighinn agus a' Fàgail

Arrivals

Alison Miller	Joint Service Point/Library Assistant	Broadford Library
Alison Parfitt	Curator (Collections Engagement)	Inverness Museum and Art Gallery
Anne Robbins	Cashier/Receptionist	Lochbroom Leisure Centre
Cara Mackay	Leisure Supervisor	Lochaber High School
Carrie Watssman	Cashier/Receptionist	Lochaber Leisure Centre
Claire Cawthorne	Library Assistant	Golspie Library
Claire Marcello	Facility Manager - IBG	Inverness Botanic Gardens
Deirdre Kelly	Cashier/Receptionist	Black Isle Leisure Centre
Ellanor Raymond	Leisure Supervisor	Lochaber Leisure Centre
Flora Dillon	Assistant Janitor	Lochaber High School
Garance Warburton	Community Engagement Officer	Nuclear and Caithness Archive, Wick
Hamish Smith	Leisure Assistant	Inverness Leisure
Jade Sinclair	Leisure Assistant	Inverness Leisure
Jeffrey Ainsworth	Delivery Driver/ Library Assistant	Library Support Unit, Inverness
Jennifer Mitchell	Visitor Centre Supervisor	Glen Nevis Visitor Centre
Jennifer Ross	Archive Assistant	Nuclear and Caithness Archive, Wick
Jordan Ross	Leisure Assistant	Inverness Leisure
Kerry Dallas	Cashier/Receptionist	Badenoch Centre

Arrivals

Margaret Kemp	Gallery Attendant	Swanson Gallery, Thurso
Melanie Cooper	Cashier/Receptionist	Craig MacLean Leisure Centre
Michelle Adams	Archive Steward/Receptionist	Nuclear and Caithness Archive, Wick
Ramsay Aitken	Achievement Awards Officer	Queens Park, Inverness
Ryan MacLean	Leisure Assistant	Inverness Leisure
Sandra MacInnes	Library Assistant	Plockton Library
Scott Macpherson	Leisure Assistant	Inverness Leisure
Shannon Fulton	Leisure Assistant	Inverness Leisure
Suzanne Mayle	Leisure Supervisor	Craig MacLean Leisure Centre
Torva Walmsley	Leisure Assistant	Inverness Leisure

Arrivals and Departures

A' Tighinn agus a' Fàgail

Departures

Alex du Toit	Archivist	Lochaber
Angela Mackenzie	Cashier/Receptionist	Spectrum Centre
Cait McCullagh	Curator (Collections Engagement)	Inverness Museum and Art Gallery
Caitlin MacColl	Clerical Assistant	Inverness Botanic Gardens
Chloe Baxter	Leisure Assistant	Inverness Leisure
David Brims	Library Assistant	Dingwall Library
Donna Reilly	Facility Manager	Aviemore/Badenoch/Craig MacLean
Elizabeth Paterson	Caretaker/Steward	Spectrum Centre
Francesca Purvis	Museum Attendant	Inverness Museum and Art Gallery
Gordon McPhee	HR Manager	Ardross Street, Inverness
Ina Nicolson	Clerical Assistant	Portree
Lynsay Macdonald	Cashier/Receptionist	Badenoch Centre
Merryl Cameron	Library Assistant (Keyholder)	Nairn Library
Patsy Alexander	Cashier/Receptionist	Black Isle Leisure Centre
Sandra Lindsay	Library Assistant	Plockton High School Library
Sarah Graham	Assistant Conservator (temp)	Highland Archive and Registration Centre
Stewart Malcolm	Youth Worker (Qualified)	Ardnamurchan High School
Susan Weir	Network Librarian	Tain Library
Yasmeen Hollenstein	Network Librarian	Gairloch School and Community Library
Yazmin Smart	Network Librarian	Invergordon Academy

Internal Moves

A' Gluasad Suas

	From:	To:	
Calum Waring	Relief Catering Assistant	Catering Assistant	Inverness Leisure
Christopher Campbell	P/T Leisure Assistant	F/T Leisure Assistant	Inverness Leisure
Elizabeth Kennedy	Cashier/Receptionist	Leisure Supervisor	Leanaig Centre
Ian Munro	Leisure Supervisor	Assistant Manager (secondment)	Inverness Leisure
Joe Setch	Relief Museum Attendant	Museum Attendant	IMAG
Lynsay Macdonald	Cashier/Receptionist	Leisure Supervisor	Badenoch Centre
Michael Farry	Relief Caretaker/Steward	Leisure Assistant	Raigmore CC
Shannon Fulton	Relief Leisure Assistant	F/T Leisure Assistant	Inverness Leisure
Steven Mackay	Cook	Head Cook (secondment)	Inverness Leisure
Struan Conners	P/T Leisure Assistant	F/T Leisure Assistant	Inverness Leisure