

General information about how to participate

Aberdeen is currently running a Mid-Week programme on Tuesdays and Wednesdays and a Green Gym programme on Mondays.

Pick up and drop off times (Unless stated otherwise):

Mondays (Green Gym):

Pick up time: 10.30am Drop off times: 2pm

Tuesdays and Wednesdays: Pick up time: 9.30am Drop off time: 4pm (*Please ask office if drop off for Green Gym volunteers at an earlier time is possible*)

There will be a **pick up point** each project day at Trinity Street, behind Criterion Bar (opposite of Aberdeen train station) at the time mentioned above. We can also meet participants on site.

We supply tea, coffee and biscuits. We can lend boots and waterproofs if you request them in advance. Please bring your own sandwiches for lunch plus waterproofs, warm working clothes and stout footwear. Each Monday session will begin with some warm up exercises.

Please book a place, as transport is limited to eight places **and inform us if you have booked and cannot attend.**
Thank you!



General information about the Green Gym (Mondays)

Green Gym volunteers are working a half day on sites in or close to Aberdeen. The BTCV Green Gym is a unique scheme to help you become physically and mentally healthier by taking part in nature conservation activities. As well as improving your health, you can meet new people, learn new skills and improve your local environment.

The BTCV Green Gym is **appropriate to anyone** as you can have a full workout or just take it slowly, enjoying the outdoors and the company. You don't need any previous experience or physical fitness to join in.

We are looking forward to meeting you!



Scotland

General information about the Conservation Volunteers (Tuesdays and Wednesdays)

BTCV Conservation volunteers work a full day on sites throughout Aberdeen and Aberdeenshire. We aim to improve the local environment and access to it. We also aim to increase biodiversity and encourage wildlife across our area.

As a volunteer you can gain a wide variety of new skills and meet new people. Volunteering may enhance your job opportunities, improve your health or just be an enjoyable way to spend your spare time.

**To book a place call Yvonne or Pete on
01224 724884 or 07764655681**

or email: y.stephan@btcv.org.uk
p.brinklow@btcv.org.uk

April 2009

Wed 1st St. Cyrus – Bridge painting **OR:**
Rhynie – Tree aftercare

Mon 6th Allotment –
Different tasks and Easter egg
hunt

Tue 7th St. Cyrus – Bridge painting **OR:**
Rhynie – Tree aftercare

Wed 8th to be confirmed –
please ask office

Mon 13th **Bank holiday – no session**

Tue 14th Rhynie – Tree aftercare

Wed 15th Project site to be confirmed –
Pick up at 9.30am

Mon 20th Healthy walk

Tue 21st Grandhome Estate – Walling

Wed 22nd Mill of Benholm –
Different tasks

Mon 27th Allotment – Different tasks

Tue 28th Delgatie Castle –
Fence and path construction,
removal of non-native trees*
Pick up at 9am, drop off 4.30

Wed 29th Delgatie Castle – See above *
Pick up at 9am, drop off 4.30

This might be a residential project. Please confirm with office!

May 2009

Mon 4th **Bank holiday – no session**

Tue 5th Grandhome Estate –
Drystone Walling

Wed 6th Delgatie Castle – Fence and path
construction, removal of non-
native trees
Pick up at 9am, drop off 4.30

Mon 11th Donmouth –
Beach cleanup & bird watching

Tue 12th Grandhome Estate –
Drystone Walling

Wed 13th Project site to be confirmed –
Pick up at 9.30am

Mon 18th Grandhome Estate –
Drystone walling and building
nest boxes

Tue 19th Grandhome Estate –
Drystone Walling

Wed 20th Delgatie Castle –
Fence and path construction,
removal of non-native trees
Pick up at 9am, drop off 4.30

Mon 25th Allotment – Different tasks

Tue 26th Grandhome Estate –
Drystone Walling

Wed 27th Grandhome Estate –
Drystone Walling

June 2009

Mon 1st Tyrebagger Woods –
John Muir award

Tue 2nd Delgatie Castle –
Fence and path construction,
removal of non-native trees*
Pick up at 9am, drop off 4.30

Wed 3rd Delgatie Castle –
See above *
Pick up at 9am, drop off 4.30

**** This might be a residential project. Please confirm with office!***

Mon 8th Tyrebagger Woods –
John Muir award

Tue 9th Grandhome Estate –
Drystone Walling

Wed 10th Project site to be confirmed –
Pick up at 9.30am

Mon 15th Tyrebagger Woods –
John Muir award

Tue 16th Delgatie Castle –
Wildflower planting, bench
building
Pick up at 9am, drop off 4.30

Wed 17th Grandhome Estate –
Drystone Walling

Mon 22nd Allotment – Different tasks

Tue 23rd Delgatie Castle –
Tasks: see above
Pick up at 9am, drop off 4.30

Wed 24th Delgatie Castle –
Tasks: see above
Pick up at 9am, drop off 4.30

Mon 29th Grandhome Estate –
Drystone walling and building
nest boxes

Tue 30th Project site to be confirmed –
Pick up at 9.30am

Please be advised that on occasions tasks may vary from those stated in the programme.



Are you interested in **drystone walling?**

BTCV Aberdeen is recruiting a specific **drystone walling volunteer group**

You don't need any previous experience!

You will learn how to:

- ✓ **break down**
- ✓ **prepare**
- ✓ **repair**
- ✓ **construct a drystone wall**

The group will work on **different projects** throughout Aberdeen and Aberdeenshire and meet **once a month.**

Please get in touch if you are interested!

Call Yvonne or Pete on 01224 724884 or 07764655681
or email: y.stephan@btcv.org.uk
p.brinklows@btcv.org.uk