

Community Asset Transfer Scheme (CATS) for our national forests and land

ASSET TRANSFER REQUEST FORM

Introduction

Please read the relevant parts of the <u>Community Asset Transfer Scheme</u> (CATS) Guidance before completing this form. You may also wish to refer to the Scottish Government's <u>Asset Transfer Guidance for Community Bodies</u>.

The Request must be submitted in writing, either as a hard copy or by email. Please answer all the questions. You can attach additional information as extra sheets or electronic documents. Please be specific. When answering the questions you do not need to repeat any information you have already given, but simply refer to an earlier answer or attached document.

Please return the completed form and supporting documentation to:

Community Asset Transfer Scheme Team
Forestry and Land Scotland
231 Corstorphine Road
Edinburgh
EH12 7AT

E-mail: fls.communities@forestryandland.gov.scot

We will confirm receipt of your Request within 5 working days and you will receive a formal acknowledgement letter within 15 working days to confirm whether your Request is valid or requesting further information. We may also ask you for more information during the assessment and evaluation process.

Application Form

This is an asset transfer request made under Part 5 of the Community Empowerment (Scotland) Act 2015.

SECTION 1: Information about the community transfer body making the request

1.1	Name of	f the community	transfer be	ody making th	ne asset transfer	request
	0.0	•	•			

Roots & Growth

1.2 Community transfer body address

This should be the registered address, if you have one.

Postal address: 1 Muirton Farm Cottage, Knockbain, Inverness-shire

Postcode: IV8 8PG

1.3 Contact details

Please provide the name and contact address to which correspondence in relation to this asset transfer request should be sent.

Contact name: Natalie Wastnidge
Postal address:
Postcode
Email:rootsandgrowth@gmail.com
Telephone:

We agree that correspondence in relation to this asset transfer request may be sent by email to the email address given above. (Please tick to indicate agreement)

You can ask the Forestry and Land Scotland to stop sending correspondence by email, or change the email address, by telling us at any time, as long as 5 working days' notice is given.

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1.4 Type of eligible community Please select one option and make wit community transfer body and its offici	h an "X" in the relevant box to confirm the type of
a Company or a Scottish Charitable Incorporated Organ	x and its company number is and its charity number is
(SCIO) or	
a Community Benefit Society (BenCom), or	and its registered number is
• •	y transfer body's constitution, articles of association
 or registered rules. If the organisation is an eligible con Empowerment (Scotland) Act 2015 	mmunity transfer body under the Community go to Section 2.
1.5 If the organisation is <u>not</u> a Community Empowerment (Scot	n eligible community transfer body under the land) Act 2015:
a) Has the organisation been in by the Scottish Ministers?	dividually designated as a community transfer body
No □ Yes □ Please give the title and date o	f the designation order:
N/A	
or b) Does the organisation fall wi	thin a class of bodies which has been designated as the Scottish Ministers?
No □ Yes □ If yes what class of bodies does	it fall within?

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Section 2: Information about the land and rights requested (see CATS Guidance Section 1.2)

2.1 Please identify the land to which this asset transfer request relates. You should provide a **grid reference** and attach a **map** clearly showing the boundaries of the land to which this asset transfer request. You should also provide any name by which the land is known, and you may also wish to provide additional description. You can contact your Forestry and Land Scotland Region office for assistance in providing a copy of the map. If you have identified the land on Forest Enterprise Scotland's Register of Land, please enter the details listed there.

Grid reference: NH 640 635 3322/ NH 640 533
Name and description of the land: The land is situated on the former Highland Birch Wood site, Littleburn Road, Littleburn, Munlochy, IV8 8NN.

If your request is for a building, you should provide a street address and the Unique Property Reference Number (<u>UPRN</u>) if known.

Address:Former Highland Birchwood Site, Llttleburn, Llttleburn Rd, Munlochy, IV8 8NN UPRN (<u>if known</u>):

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	on 3: Type of request, payment and cor ATS Guidance Section 1.4)	nditions
3.1	Please tick what type of request is beir	ig made:
<u></u>	for ownership (under section 79(2)(a))	- go to Section 3A
	for lease (under section 79(2)(b)(i))	- go to Section 3B
	for other rights (section 79(2)(b)(ii))	– go to Section 3C
3A –	Request for ownership	
	What price are you prepared to pay for the la Section 2.2)?	nd requested (see CATS Guidance
	Proposed price: £170,000	
	Please attach a note setting out any other terms or request.	and conditions you wish to apply to the
3B – I	Request for lease	
	a) What is the length of lease you are re-	questing?
	n/a	
	b) How much rent are you prepared to p	ay? (see CATS Guidance Section 2.2)
	Please make clear whether this is per year or	per month.
	Proposed rent: £ per	
	Please attach a note setting out any other terms of the lease, or to apply to the request in any other w	•
3C – I	Request for other rights	
	a) What are the rights you are requestin	g?
	n/a	
	Do you propose to make any payment for these r	ights?
	Yes □ No □	
	If yes, how much are you prepared to pay? Pleas	e make clear what period this would cover,
	for example per week, per month, per day?	
	Proposed payment: £ per	
	Please attach a note setting out any other terms or request.	and conditions you wish to apply to the

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Section 4: Community Proposal

You may wish to refer to relevant sections in supporting documents.

4.1 Please set out the reasons for making the request and how the land or building will be used.

This should explain the objectives of your project, why there is a need for it, any development or changes you plan to make to the land or building, and any activities that will take place there.

Aims

Roots & Growth aim to create a space in nature that promotes both Holistic wellbeing and sustainable living, helping to create resilience within the people of the Black Isle and the community as a whole. The cornerstones will be community, connection, compassion, creativity and change. Littleburn will be a space where the community can come together, to support itself, relieve isolation, address other factors that impact on our mental health and enjoy time together. Members of the project will make decisions that promote health and sustainability for future generations, so that they can live sustainably and happily in the Black Isle.

Objectives:

- The advancement of health through holistic health practices, wellbeing and recovery programs.
- The advancement of citizenship or community development through activities that bring people of all ages together, to share knowledge and share skills from both the past and the present.
- The advancement of the arts, heritage, culture or science though a variety of artistic activities and formats that give people an empowered and creative voice, celebrating local spiritual traditions, heritage and culture.
- The advancement of environmental protection or improvement through practical skills giving and education to ensure young people and the community can preserve and conserve natural resources, and develop more sustainable ways of living.

By delivering the above, and with the emphasis on hope, healing, joy and creativity, the project aims to help tackle challenges in the area, including trauma experienced by people in the community, including young people and those who are socially isolated.

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Background

One of the initial drivers behind the Roots and Growth project was to support young people following several instances of suicide on the Black Isle. The key needs of our community have been identified at a local level, and from the Scottish Government and the NHS.

A local multi-agency meeting was held due to 6 of our young people committing suicide in a relatively short period of time. At a meeting with Black Isle Cares, a local charity, we were informed that climate change is increasing anxiety amongst our young people.

The following needs were identified by the multi-agency meeting:

- High numbers of young people with emotional, behavioural and social needs.
- High number of school pupils leaving school and not looking for employment
- High number of pupils suffering from anxiety and other stress related issues.
- Isolation was identified as a big concern within our community.
- High levels of obesity.
- Addiction

Possible food shortages have also been identified as a future problem in Scotland due to climate change. In addition, "Adverse Experiences are the single greatest unaddressed public health threat facing our nation today." (NHS Highland 2018)

Our medical practice doesn't qualify for the support of a primary mental health worker, leading to frustration about where to refer young people on to. This was reported to one of our members by one of our local GP's. This lack of support was also highlighted in a community survey that was sent out by us. With the principles of kindness and compassion, more meaningful relationships can be established, giving individuals and families somewhere to turn to for support.

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Options Appraisal Summary

Our options appraisal of 3 other sites confirmed that our preferred site at Littleburn is the place which offers the scope for what we hope to deliver through the project.

Table 1 – Options Appraisal

Location	Advantages	Disadvantages	Further information needed
Raddery	Lots of different buildings	Main building too large.	
	Large car park	Estimation of over £1,000 000 to bring the main building up to standard.	
	Plenty of space for outside activities and play	Over two miles to the nearest village.	
	Plenty of land to grow food.	High running costs	
		High number of people required to keep it running	
Killen		High costs of repair	
	Ideal for family residential family work	On the main road, bad risk	
	Close to woodlands	Not much outdoor space	
	Plenty of indoor space	Dark site	
Fortrose	Central location	On the main road	
		No outdoor space	
		Too Small	
Littleburn	Available	Buildings will need upgraded	

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Woodland setting	Boiler broken	
Ideal building sizes		Cost of purchase
Nice plot of land		Find out if we can buy the site without going through the asset transfer process.
Planning in principle		

Littleburn offers us a site that is within walking distance from public transport links yet is not on a main road. It sits in a quiet space conducive to the aims of our project and has existing buildings that can potentially be refurbished.

Proposal

We aim to use a variety of growing methods in order to turn the site into a productive growing space and hope to see the land help to address the predicted food shortages in the area.

A community kitchen will be the hub, where the community can come and learn new skills such as how to preserve food. Cooking classes and workshops will address obesity and promote positive health.

In addition, we'll provide a welcoming space where ideas can be shared around the future needs of our young people and community resilience. A space to share and learn crafts and mend and repair projects can be used to ensure that the skills within the community are not lost.

With creativity being the other side of the coin to trauma, creativity throughout the site will be encouraged. An art space/studio will help people of all ages to be able to express themselves.

Following the Buildings condition survey we may need to consider re-building some of the existing buildings to provide the robust and secure accommodation that the project requires for longevity

The table below outlines a summary of proposed activities and use for existing buildings on site.

Further communication with architect regarding space planning, building modification and design in progress.

Table 2 – How we plan to utilise the site

Building/ Space	Proposed use	Proposed
Blue Building Blue Building	We are working with our Architect on plans to use this building or its replacement as the hub of the site. Here we envisage a community kitchen	timeline Dec-Jan 2021-22 Phase 1. Building 1, to house: Community kitchen, workshop space and Art studio plus separate
	and communal area for people to gather informally, to share food and to deliver workshops. We would also like to include a separate meeting space for groups that we are in	room for partnership groups. April 2022 : 1 st stage Kitchen completed.
	partnership with. The other half of the building will be dedicated to the Art studio space which will be used for Art workshops and also a young artist residency program.	April – July 2022 Work to start on Art space.

June 2022 Yellow Barn The scale of this building lends itself well to our vision of 2nd stage using it as an renovations for event/workshop multi -purpose space for music, event space dance and healing arts workshops and larger scale events for the community. It also has the potential to house a separate therapy room which practitioners in the Holistic Health field will be able to book out. **Red Shed** Previously used as a maintenance workshop, we would like to resurrect this building as a mend and repair workshop with a possible partnership with the Black Isle Men's Shed. Nov-Dec 2021 The outdoor space Outside space will allow us to use Poly tunnel and Begin planning and layout of Green house set ups, raised beds, no-dig outdoor space gardens and space in and landscaping. which to run a variety of workshops where the community can benefit from being outside in the fresh

air.

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4.2 Benefits of the proposal

Please set out the benefits that you consider will arise if the request is agreed to (see CATS Guidance Section 3.2). This section should explain how the project will benefit your community, and others.

Please refer to the guidance on how the relevant authority will consider the benefits of a request.

Our communities will achieve more sustainable economic, environmental and/or social development through ownership of land and buildings.

Economic

Littleburn will operate as a sustainable social enterprise. The site has sat derelict since 2018 and currently provides no economic benefit to local people; but this project will create a vibrant multipurpose site with income reinvested here to meet local needs. The Knockbain Parish is within the most deprived 10% of communities in Scotland for access to services. Littleburn will enable services to be provided locally.

We will initially create two new employment opportunities locally. The feasibility study showed that jobs density in the Parish is low, and many have to commute out of the area for work. The site will also potentially create volunteering opportunities for up to approximately 26 individuals, meaning that local people control the delivery of services and are directly involved in supporting each other.

The repurposed site will include residential accommodation to support tourism and therapeutic / artistic retreats. This is aligned to the local Tourism Strategy which aims to create economic growth and to support the future prosperity of the area.

The site will provide a high-quality venue which supports third and public sector organisations to deliver services effectively in the local area. This will include Highland Council, Black Isle Cares, and private microbusinesses such as Shibashi Highlands.

Workshops and classes at the site can support local people in attaining qualifications.

Environmental

One of the early drivers behind the project was to help the area become resilient and able to address the climate emergency. There are good relationships and support from partners in this field such as Transition Black Isle and The Shieling Project.

A growing space will provide opportunities for volunteers to learn about a variety of growing methods and the environment. Munlochy Primary will be a key user of this space, involving local children in this activity from an early age.

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Repair and Reuse workshops and activities will take place at Littleburn, in conjunction with the Black Isle Men's Shed, which will reduce waste to landfill.

The intention is for the project to adapt a circular economy approach where possible to reduce waste: e.g. using food cultivated in the growing area for community meals and will facilitate up-cycling projects.

Specifications for the designs and capital upgrade are green, with a goal of ultimately working towards zero carbon energy emissions. This includes low energy lighting, use of locally grown/harvested timber from sustainable managed forests etc.

Social

The Feasibility Study showed that local people see the potential in the site. Acquisition of the site for the community would ensure that this space in nature is brought back to life as a resource for use by the local community. It will:

- Provide a space for social contact. Local village halls provide vital community activities at set times, but there is no local drop-in space currently; and our research identified loneliness and isolation as major challenges locally.
- Enable a range of workshops, classes and social activities to help local people come together and develop skills. These will range from cooking/nutrition, to art, to local heritage.
- Provide space hire for local people and groups. Care will be taken not to duplicate with local village halls which are focused on activities bookings. The distinct Vision and Mission of Roots & Growth helps to distinguish us from Munlochy Village Hall, and we envisage that most of the bookings will be from support services identified in the Feasibility Study or groups for whom existing facilities are unsuitable. We will also look to put in place an 'overflow' booking system so anything we can't accommodate is referred to other local venues.

The project will support community cohesion, at a time when new residents are being drawn into the area. A good example of the approach will be the growing projects with Munlochy Primary, which will involve children and families in the local area (regardless of background), and maintain the area's traditional link to the land and agriculture.

Services will be available locally to support vulnerable people, especially to address the impacts of trauma and adverse childhood experiences (aligned to NHS Highland Policy). Older people, people in care, those at risk of abuse and other groups will have access to a therapeutic space in nature and more opportunities to make social connections.

Our communities will have a stronger role in and control over their own development

PUBLIC HEALTH: Holistic Wellbeing

We will improve public health by supporting vulnerable groups, especially those suffering from the impacts of adverse childhood experiences and trauma. As holistic health looks at the whole person,

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Roots & Growth will have its focus on promoting positive mental, emotional and spiritual health and this will be integral in everything that we will be providing at the Littleburn site.

Through offering these services we hope to compliment whilst at the same time take some pressure off NHS services that are already over stretched. Munlochy surgery have already stated that they are not eligible for a Mental Health worker. Referrals to our services will improve the individuals mental and physical health, reducing rates of suicide in the communities that we serve and lead to an increase in confidence that will potentially assist those using our services to lead a healthier and more fulfilled life. In turn this will improve educational and employment prospects as well as helping to maintain a happy homelife.

SOCIAL WELLBEING: The Arts and Creative Expression

The Art studio aims to be a space that fosters a sense of community and collaboration. A place where the voice of the individual can be celebrated. Its role will be multi-faceted, acting as a stepping stone between the Art classroom and the Art world in further education and allow young people to experience the studio environment by way of Young Artists Residency program.

It will enable opportunities for the community to create both individual and collaborative artworks and will provide a safe, welcoming and creative space for Young carers, support workers and the vulnerable in the community and further afield. Creating an opportunity for people to come and learn new skills will increase feelings of well-being and confidence. In offering Young Artists residencies we hope to create a culture of accessibility for all in this field, not just for those who are deemed 'successful' in the academic sense through the school lens.

ENVIRONMENTAL WELLBEING: Sustainability, Food, Growing & the land.

Roots & Growth will be researching, promoting and applying sustainable alternative ways of living to safeguard our natural resources and community on the Black Isle. Any decisions made will consider the impact on future generations, with a priority on creating a more vibrant future for our young people, and helping them become more resilient when facing the challenges that they will encounter in our fast-changing world.

In addition. Roots & Growth would like to highlight the connection between the land and the food that we eat by ensuring that there is a visible and clear link between the outside and inside spaces and how they influence and literally feed in to one another. Our connection to the land, in a therapeutic way, will also be integral to many of the workshops and projects that will be run here. We will be drawing on the wealth of knowledge and expertise of the many experienced practitioners in the area in order to create a vibrant and diverse learning experience.

Access to a growing space has beneficial therapeutic values as well as being an educational tool that can help people to make more positive choices about the food they eat and where it comes from. Projects such as these improve physical and mental health by improving diets and lifestyle which in turn reduce circulatory conditions such as heart disease, diseases of the respiratory system and conditions such as obesity which are at high levels in the Highlands. Encouraging communities to grow their own food as well as consuming locally grown food and using active travel more often will contribute to better overall health, therefore reducing pressure on local health services, the reduction of carbon emissions as well as helping to boost the local economy.

Table 3 - How Roots & Growth will contribute to the National Performance Framework.

Table 3 - How Roots & Growth	
NPF Outcome	Roots and Growth contribution
People grow up loved, safe	A key driver of the project is that young people will feel
and respected so that they	empowered, supported and hopeful in the face of the current
realise their full potential	climate emergency and recovery from covid-19. The project aims
	to give young people a voice, and to support cohesion between
	different generations. Reducing the negative impacts of adverse
	childhood experiences – which is a key goal of the Roots & Growth
	project - contributes to a wide range of the national outcomes,
	and is particularly aligned to the national outcome that 'we grow
	up loved, safe and respected so that we realise our full potential'
People live in communities	The project is designed specifically to create a space in nature
that are inclusive,	where individuals, families and groups can meet and share ideas,
empowered, resilient and	create and work towards a common purpose, contributing to a
safe.	more inclusive and resilient community.
People are creative and	An important strand of the project is the creative arts – providing
their vibrant and diverse	projects which enable the voice of individuals and the community
cultures are expressed and	to be heard and celebrated through the use of the Arts. It aims to
enjoyed widely.	build on the culture of the Black Isle – strengthening connection to
	the land in an area with rich agricultural heritage; and recognising
	spiritual traditions such as the Clootie Well.
People have a globally	The site at Littleburn must operate as a sustainable social
competitive,	enterprise – with profits reinvested to benefit the local
entrepreneurial, inclusive	community.
and sustainable economy.	
People are well educated,	There is good potential to link activities at the site to qualifications
skilled and able to	(through High Life Highland), and to support outdoor learning
contribute to society.	through use of the site by Munlochy Primary School. Additionally,
	there is an intention to support vulnerable people who are
	disconnected from education or employment to reengage,
	through support services offered at Littleburn.
People value, enjoy, protect	Vulnerable people and groups will benefit from the therapeutic
and enhance their	natural environment at Littleburn. The project has a focus on
environment.	environmental sustainability and tackling the climate crisis:
	through growing projects, potential for repair and re-use activities,
	and partnership with Transition Black Isle.
	The intention is for the project to adapt a circular economy
	approach where possible. This will be evident in relation to the
	growing and cooking service to be provided – but the aim is to
	adopt this across all elements of activity at Littleburn
People have thriving and	The project will support local employment – offering an additional
innovative businesses, with	space for holistic health therapist to offer treatments. There is the
quality jobs and fair work	potential for the site at Littleburn to directly provide paid
for everyone.	employment locally.

People are healthy and	Littleburn will become a holistic health and sustainability centre –a
active	place people will experience advancement of health through a
	variety of holistic practices, wellbeing and recovery programmes
People will respect, protect	The project will be fully inclusive – aiming to increase community
and fulfil human rights and	cohesion.
live free from	
discrimination	

Table 4 – How Roots and Growth will contribute to other strategies

	Summary of links with other strategies
Strategy	Fit with project
Mental Health Strategy 2017-27	Roots & Growth aims to improve health holistically – tied well to the Strategy by addressing both mental and physical wellbeing in parity. The project is less centred on addressing crisis situations, but instead providing sustainable, preventative support to stop these arising.
	This is well aligned with the Strategy, which notes: "Prevention and early intervention are key to minimising the prevalence and incidence of poor mental health and the severity and life time impact of mental disorders and mental illnesses."
A Connected Scotland: Scotland's social isolation strategy (2018)	Part of the gap which the site at Littleburn can fill is as an informal drop in space for the community – reducing isolation and building social connections. The Strategy also highlights impact of isolation on older and younger people, those living in rural communities, and those living with disabilities: these are some of the key groups intended to benefit from services provided at Littleburn.
Climate Change Plan: third report on proposals and policies (2018-2032)	Roots & Growth aim to support the Knockbain Parish and Black Isle in adapting to more sustainable ways of living in response to the climate emergency. Practically – this will involve growing projects, cultivating and cooking food using local ingredients, repair & reuse activities; and securing the future of a site in the woods for the community.
Programme for the Highland Council - Local Voices, Highland Choices (2017-2022)	Roots & Growth is particularly well aligned with Strategic Goal: "Put our communities at the heart of the design and delivery of services at a local level" the intention is for this project to benefit the local community, and will be designed and delivered by local people. There will also be a strong contribution to the Strategic Goals to support children to thrive, and to protect vulnerable groups.

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Adverse Childhood
Experiences,
Resilience and
Trauma Informed
Care: A Public Health
Approach to
Understanding and
Responding to
Adversity – NHS
Highland 2018.

The Roots & Growth co-founders are passionate about supporting people to understand and heal from the experiences of adverse childhood experiences and trauma, using a holistic health approach. The specific services to be delivered will include individual and group therapies (particularly for children, women and with families); as well as the potential for art- based therapies. There is potential for Roots & Growth to support a range of actions within the 2018 report. Relevant actions include:

Primary Prevention/intervention - Develop communities of interest to support grass roots awareness of adversity across Highland and Argyll and Bute

Secondary Prevention/intervention - Create and support trauma-informed practitioner communities across Highland and Argyll and Bute.

Highland Outcome Improvement Plan (2017-2027)

Roots & Growth fits well with several of the outcomes, but can make the strongest contribution in relation to Mental Health & Mental Wellbeing. Littleburn will host activities and services which "encourage participation, social inclusion and purpose", focus on "peer support, learning and collective action", and which provide "person centred and equitable services that enable people to have control over their lives".

Forest & Land Scotland Corporate Plan and the 'Management of the National Forest Estate'

Roots & Growth will contribute in particular to the following FLS National outcomes:

Environment: We will transform the Littleburn site into a productive and abundant space where growing is made possible by improving the land. We will conserve and manage any trees on the site and will ensure that wildlife habitats are maintained. Our buildings will be low impact and will use sustainable methods to provide energy.

Health: Providing a space within the woodland gives the community an opportunity to engage directly with their surroundings whilst having access to services that promote positive mental health and wellbeing in a setting conducive to this.

Education: We will provide a space that gives the community access to new educational opportunities through workshops, skill sharing sessions and intergenerational projects.

Communities: We will provide a safe space for all members of the community and will promote inclusion, equality and the opportunity to

	learn and grow. We see the skills and knowledge shared and acquired	
	here rippling out into the wider community.	
YouthWorksHighland	Supporting youth is fundamental to the Roots & Growth ethos –	
- Highland Youth	addressing challenges they face now (including mental health following	
Work Strategy (2019-	lockdown) but also looking to a sustainable, environmentally friendly	
2024)	future on the Black Isle. The project can help to deliver the Strategy by	
	providing opportunities to be involved in a community project that are	
	inclusive, empowering and meaningful; and by supporting a positive	
	combination of physical health and mental health.	

Table 5: Estimated Volunteering hours shown below.

Activity	Estimated Attendance per week	Volunteer time given per week	Weeks per year	Team size	Annual hours invested
Community Kitchen	20-30	2 hours	52	6	624
Art Studio	10	6 hours	40	2	480
Mend and repair workshop	10	6 hours	40	2	480
Growing spaces	15-20	2 hours	52	8	832
Event space/workshop space/therapy room	10	1 hour	50	3	150
Meet and greet reception and info	90	5 hours	52	5	1300
TOTAL	170	22		26	3866

4.3 Restrictions on use of the land

If there are any restrictions on the use or development of the land, please explain how your project will comply with these. Your Forestry and Land Scotland <u>Region</u> office can provide assistance in identifying any restrictions and how to comply with them.

Restrictions might include, amongst others, environmental designations such as a Site of Special Scientific Interest (SSSI), heritage designations such as listed building status, controls on contaminated land or planning restrictions.

4.4 Negative consequences

What negative consequences (if any) may occur if your request is agreed to? How would you propose to minimise these?

You should consider any potential negative consequences for the local economy, environment, or any group of people, and explain how you could reduce these.

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Our Steering Group have already built up good relationships with a wide range of local partners across the Black Isle. Consultation with a range of local stakeholders took place to ensure this project adds to existing community development work and does not duplicate or displace.

EXISTING LOCAL GROUPS & COMMUNITY MEETUPS

Groups that have (pre-covid) been offering services to the community take the form of local church groups and the Munlochy Village Hall. At the outset of the Roots & Growth project we were made aware that the Hall was struggling to attract new members to its board and appeared to be underused as a space. Roots & Growth could potentially form a partnership with the Hall and in our online community meeting last year it was suggested that this could take the form of a kind of 'overflow' system whereby events could be offered at the village Hall through Roots & Growth which in turn would bring the space more footfall and could potentially develop the space.

The Knockbain area already has some community events and these have taken the form of Soup and Sweet lunches and drop-in Tea meetings. These are visited by an older demographic and are organised by local church groups. The Roots & Growth project (a secular space) would ensure that there is good communication with these groups so as not to overlap similar events, however the emphasis at R&G will be on a daily informal drop in space rather than scheduled teas etc. The other focus which stands apart from current offerings is that we will be using as much produce from our growing projects along with workshops on cooking and preserving of food. We will endeavour to fit around the existing provision and form partnerships where possible.

ENVIRONMENT & EXISTING GROWING PROJECTS

Currently the proposed site is unused, except by walkers who use the Littleburn Woods. With neighbours nearby who are in support of the project and site being used, we would ensure that any events that may attract larger groups and therefore more vehicles, were publicised and notice given well in advance. If excess parking was required then this would be organised in advance and we would ensure that the road way, neighbouring verges and exits were kept clear.

Roots & Growth believe the more growing opportunities in communities the better. Empowering local people of all ages through growing projects and education around this is a key contributor to building and maintaining sustainable communities. There are many valuable opportunities and becoming part of the Trellis Network is just one of them. They cite that the 'therapeutic gardening sector continues to expand'. In taking on the site we would ultimately be improving the land itself through building up the soil and managing the growing projects which will be providing both an educational tool as well as a therapeutic space that will in time, we hope, become abundant.

Rather than competing we would be part of a network that thrives on sharing knowledge and resources with other members of the network across the Black Isle. With agriculture being an

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important part of the Black Isle's identity and heritage, we will have the opportunity to make links with local farmers and benefit from their knowledge which can be shared with the next generation through educational projects with local schools. As a small site the project is unlikely to create any negative consequences and we will be seeking opportunities to work together.

HOLISTIC HEALTH AND WELLBEING

The Holistic health element of the Roots & Growth vision is 1 of the 3 main objectives and is unlikely to duplicate or displace other 'hubs' that are located in Inverness and further East. Many local therapists have come forward in support of the project. In attracting highly qualified therapists we are able to benefit and highlight these local businesses by hosting them.

EXISTING ARTS PROVISION

Existing provision in this area, namely in Cromarty and Black Isle Arts & Permaculture, are geographically spread out enough so as not to compete whilst at the same time they are offering their services in a very different capacity. Roots & Growth's focus in this area is on affordability and community. Art as therapy and working with other agencies such as Women's Aid and family groups is a priority and with this in mind, we hope to offer a unique opportunity to engage with the Arts. There is currently no local provision in Munlochy or neighbouring villages.

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4.5 Capacity to deliver

Please show how your organisation will be able to manage the project and achieve your objectives.

This could include the skills and experience of members of the organisation, any track record of previous projects, whether you intend to use professional advisers, etc.

Professional advisors

From the inception of the R&G vision we have sought the expertise of those who have either built community organisations and projects, worked with those who have a track record of supporting new community organisations/ charities and also sought advice and partnership from professionals who are able to assist us in realising our vision.

Table 6 - Professional Advisors

Name & position	Professional body/Charity/Social Enterprise	Advice & experience
Felix Spittal Community Ownership Support Service Adviser	Community Ownership Support Development Trusts Association Scotland.	Providing information, advice and support to Roots & Growth from the outset and facilitating the asset acquisition process. Also providing developmental and business support.
Dr.Sam Harrison Executive Director	An Àirigh / The Shieling Project	A specialist in place-based education. He has been leading outdoor learning in Scotland for ten years. Holds an MSc in Human Ecology and a PhD in Place-Based Education. We approached The Shieling project as Sam has invaluable experience of setting up an award winning social enterprise. Informal mentor for the Roots & Growth project and in the future hopes to be a partner organization. Aiming to work with schools to develop their capacity to learn outdoors, involving the community and the local environment, running training courses for teachers, and contributing to research and policy development in 'Learning for Sustainability'.
Kevin Maclennan Principle Chartered Architect	Kalm Designs	Kevin visited the site at the very start and has worked with us, liasing with surveyors and has created the 1 st stage design drawings for the site at LIttleburn.
Douglas Westwater CEO Andrew Rogers	Community Enterprise LTD	Helping communities and Social Enterprises turn great ideas into reality. They have advised and

Development		worked with us to create our Feasibility Study and
Officer		Business plan for the Roots & Growth project.
Steve Bramwell	Black Isle Mens Shed	Retired NHS consultant Urologist. Experienced
Chair		committee member and volunteer fundraiser.
		Future partner organisation. Communication about
		partnership opportunities and common aims that
		BIMS and R&G share. Passionate about projects that
		enhance the lives of those in our communities.
Bisong Guo	The Shen Foundation	Mentoring for the Healing side of the project.
Director		Academic background in Traditional Chinese
		Medicine and Western Medicine. Bisong will
		continue to act as an advisor from her own
		experience of running community projects .

Table 7 - Current Steering group members skills and experience.

Board	Position & Skills		
Members			
Michaela	Holistic Health Coach: Has a professional background in Social Work, which		
Turner	included; assistant manager in a residential children's home. Counselling,		
Founder	mediation, supporting children and families who were either struggling with or		
	being affected by mental health issues, domestic violence and addiction and		
	specialized in child protection. Has experience in running groups for both		
	women and young people. Now a Holistic Health Coach, who creates her own		
	programmes / workshops for recovery from depression and trauma and is a		
	breath work and shamanic practitioner.		
Natalie	Artist and has 17 years experience of teaching Art in mainstream education,		
Wastnidge	prison education and most recently, before her move to Scotland, in an		
Co-Founder	alternative educational provision for those excluded from school. Continues to		
	work on her own practice and currently working independently alongside her		
	local community on a photography project. Passionate about using the Arts as a		
	means of celebrating and encouraging the voice of the individual and		
	reconnecting people with nature through growing projects and encouraging		
	those disconnected from it to re- engage using different art forms and		
	experiences. Proactive, ideas generator and creative collaborator.		
L 4	HR Consultant: : Organisational development, employee relations, Sourcing.		
	Senior HR with UK and global experience in renewables , charities and		
	healthcare . A wealth of experience in corporate governance , employee		
	appraisal systems, Board counselling , Introduction and management of Code of		
Dan Frimat	Ethics and social responsibility and associated Culture and Change projects		
Ben Frimet	Artist and former art teacher with 7 years practice in London schools. A		
	rebellious streak runs through his work, often using comical means to bring about interesting observations and reflections on how we as individuals and		
	about interesting observations and renections on now we as individuals and		

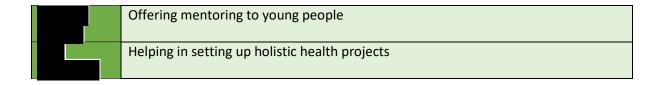
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Paul Johnston	societies function. His art practice seeks to engage, include and encourage participation from within the community. Experience working with a broad range of stakeholders on multi-disciplinary art projects that break through the barriers of traditional learning and teaching methods and whose outcomes would transfer well to STEAM (Science, technology, engineering, art and maths) based learning models. Works across a broad range of traditional and nontraditional art forms to realise intentions, from painting and sculpture to food and fire. Also has strong passion for growing his own food and cooking and has health and hygiene safety certification Held position as Clinical Advisor & Lead union rep for the Scottish Ambulance service in the Highlands Islands and Grampian Involved in Estate work and Forestry and passionate about Conservation issues. Campaigner in the areas of rewilding, environment and mental health and has a keen interest in nature-based education and is now self employed as a photographer and writer.
	30 years experience in private, public, not-for-profit and creative sectors including the Home Office and Cromarty Links Hub. Strategic and analytical thinker. Experienced leader and manager who understands the complexities of consultation, effective partnership working, engagement with a range of individuals and organisations and is committed to motivating and developing teams to deliver results. Experienced performance coach, mentor and facilitator.
Mariam Dobbin Shivani	Background in Criminal Justice (Policing). Passionate about problem solving and using an information approach. From the Black Isle so good local knowledge. Volunteer experience with Camglen Biketown, a social enterprise promoting health and well-being through cycling in the community. Worked with Black Isle Cares (Meals on Wheels) Passionate about reaching out into the community.

Members who are willing to provide expertise/technical support.

Table 8- skills of members that responded to the Skills Survey

Member	Services offered/expertise/technical support
	Speech therapist/ Activist/ Transition Black Isle (including Black Isle Bicycles), Residents Association of North Kessock, Black Isle Greens, Highland Cycle
	Campaign, Friends of the Earth Inverness and Ross.
	Gems Yoga: Yoga teacher and practioner
	Mental Health Nurse, member of Shen Foundation
	Secretary ,Black Isle Cares.
	Facilitates Over 50s dance class (normally) and would be interested in using the Centre if suitable.
	Can deliver creative writing, expressive writing, foraging, wildlife watching, gardening, various crafts
	Technical support with website and graphic design. Therapist & tai chi qigong teacher
	Head Gardener Allangrange . Will hold an advisory role on growing projects in Roots & Growth's first year and hopes to collaborate with Roots & Growth in its second year.
	Second year:
	Experience and advice for sustainable living, offering singing and other group activities.
	Offering a symbiotic relationship with young people/groupwork.
	Psychiatrist offering cycling for wellbeing.
	Community Development Worker offering to help set up the community kitchen.
	Transition Black Isle Offering skills on building using straw bale method. Interest in sustainable methods of building.



Meetings: General & AGM's

We will become a Company LTD by Guarantee in the first instance. The Board will meet 4 times throughout the year and will meet for its first Annual General meeting no later than 18 months after incorporation.

Table 9 - Outlining the broad responsibilities of each Steering group member.

Board	Project	Community	Finance/	Fundraisin	Governan
Member	delivery	Engagement/	Treasurer	g	ce
		membership,			structure
		marketing			S
Michaela	Will lead on			Assist with	
Turner	Holistic			fundraising	
	Health			for Holistic	
				Health	
				projects	
Natalie	Will lead	Coordinate events		Assist with	
Wastnidge	and deliver	and liase with other		fundraising	
	Art and	community groups.		for Art and	
	Growing	Create partnerships		Growing	
	based	with relevant		projects	
	projects	groups/			
Benjamin	Will deliver	Will coordinate with		Assist with	
Frimet	Art and	relevant orgs to		fundraising	
	lead and	create			
	coordinate	collaborations within			
	food-	the drop in space			
	based	and kitchen			
	workshops				
Renee			Will set up all		Will lead
Hartley			business		on the set
			account's and		up of the
			monitor budgets		LTD
D. 1		landar de de d		A	company
Paul		Lead on developing		Assist with	
Johnson		partnerships with		fundraising	
		Conservation &			
		woodland groups			

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Emma	Consultation and	
Nightingale	partnerships	
Marim-	To lead on local	
Dobbin-	community	
Shirvani	engagement	
Carsten	Assist with	Assist with
Flieger	partnerships with	fundraising
	Conservation &	
	woodland groups	

Section 5: Level and nature of support

5.1 Please provide details of the level and nature of support for the request from your community and, if relevant, from others (see CATS Guidance Section 3.2)

You should describe the community your body represents and include information on the proportion of your community who are involved with the request, how you have engaged with your community beyond the members of your organisation and what their response has been.

You should also show how you have engaged with any other communities that may be affected by your proposals.

Roots & Growth exist to represent the Black Isle community (Please see Memorandum and articles of Association)

Support for the project is positive. Following the Community online survey 77% of respondents were in support of the project and its ethos.

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The table below shows the different forms of engagement with the community, groups and stakeholders. To be noted that all forms of engagement were undertaken in the best way possible during the COVID 19 lockdowns of 2020-21.

Table 10- Engagement Summary

Type of	Which	Results	
engagement	Group/Individuals?		
Roots & Growth online initial survey on physical and mental health.	Shared with the Black Isle community	40 respondents. Confirmed need for extra support networks serving those with physical & mental health needs.	
Community Enterprise: Community Consultation online survey.	Shared with the Black Isle community	189 respondents. Representing 325 adults and 68 children. 30% from Munlochy, Knockbain and N.Kessock 50% from other areas on the BI. 11% from visitors and 13% from people working locally or professionals with an interest in the area. Individuals coming forward following this with an interest in joining the board and offering skills and expertise.	
Virtual open public meeting.	Shared with Black Isle residents and representatives of other local community orgs	21 individuals attended to share views and ideas for the project.	
Visit to Glachbeg and discussions with Founder about project aims.	Glachbeg Education Centre	Interested in referring their users on to specific R&G activities that Glachbeg do not provide	
Article written by Roots & Growth Founders.	Chatterbox Magazine, distributed across the Black Isle.	Publicity for early stages of the Roots & Growth vision. Facebook page also shared in article which resulted in more people coming forward with an interest in the project and offering their services.	
Questionnaire given to schools to facilitate with the students.	Munlochy Primary and Fortrose Academy.	Munlochy Primary school have expressed an interest in using the growing space once it is up and running.193 responses to questionnaire, however, not particularly satisfactory as had to be delivered by the school who were adjusting to students returning late last year due to Covid. Restrictions meant that Roots & Growth were not allowed to go in in person which would have been	

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Phone Interviews with Community Enterprise Consultants.	Stakeholders	preferable. We hope to organise a face to face meeting with a group of young people representing in the near future once restrictions are eased. 25 stakeholder groups interviewed. Groups /individuals coming forward and completing Skills survey enabling R&G to fill skills gaps on the board.
Roots & Growth visit to Shieling project to meet with Director. Consecutive communication via email regarding future partnership	The Shieling Project	Informal advisory role with R&G as a new community group. Promising potential partnership as would like to extend the Shieling project work out into the Black Isle. Discussion around requirements in order to make this partnership a successful one. Ongoing communication regarding the progress of the development of R&G.
Site visit from Executive Manager	Women's Aid	Impressed by the ethos and keen to bring groups to the site for group and family work.
Site visit and open meeting in early March 2020	Transition Black Isle.	Interest from TBI having a potential base from which to meet and also to run workshops around food growing on the R&G site.

Steering group: The Steering Group has been built over 2019, 2020 and 2021, with a range of skilled potential new trustees coming forward. A skills audit has been undertaken to identify gaps, and we have already taken steps to recruit a new treasurer and build the capacity of the group. We will continue to meet regularly to monitor financial targets and social outcomes.

Since the Feasibility Study was completed and the Community Consultation was completed our Steering group now stands at 10.

Section 6: Funding

Please outline how you propose to fund the price or rent you are prepared to pay for the land, and your proposed use of the land

(see CATS Guidance Section 1.5)

You should show your calculations of the costs associated with the transfer of the land or building and your future use of it, including any redevelopment, ongoing maintenance and the costs of your activities. All proposed income and investment should be identified, including volunteering and donations. If you intend to apply for grants or loans you should demonstrate that your proposals are eligible for the relevant scheme, according to the guidance available for applicants.

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Our intention is to secure the bulk of the purchase price to acquire the site at Littleburn from the Scottish Land Fund, which is expected to reopen later in 2021. The Roots & Growth project is a strong match with the Fund's current outcomes.

Funding Strategy

With increasing pressures on capital funding for community projects across Scotland, there is a need for caution in approaching fundraising for the Holistic Health & Sustainable Living Centre. However, there is an acknowledgement that this business plan and the social and financial impact, will not work effectively unless the buildings at the site are fit for purpose and a welcoming, friendly space for the community and visitors.

Purchase price

The Red Book valuation of the site is £200,000. Scottish Land Fund can fund up to 95% of eligible project costs (capital costs are determined by independent open market valuation).

We recognise that negotiating this discount may be challenging, however, Roots & Growth would like to negotiate a discount of 15% based on the significant and broad benefits to the public sector that we believe the project would provide (outlined in **tables 3 & 4**). In addition, given the financial saving's that will be created through Volunteer hours, which amount to an estimated 3,866 per year, we feel there is good justification for this level of discount. We are committed to adding to the beneficial value of the site through improving and renovating both the land and the buildings and creating a sustainable project that will support and build community involvement from the outset through participation. In bringing the Roots & Growth project to the site at Littleburn, we will also be enhancing the benefits of the surrounding woodland through creating projects and workshops that are intrinsically linked to it, therefore giving walkers and nature lovers the opportunity of an even more enriching experience that connects them to their surroundings and in turn encourages a deeper respect and care for this environment.

Through research done over the past year we find that Roots & Growth is closely aligned with the National Performance framework and shares many key elements that are highlighted in other National and Highland strategies (table 4)

We will need to continue discussions with funders to gauge the likelihood of certain funds.

Table 11 - Fundraising

Fund	Notes	Amount
Purchase of buil	ding: <mark>£200,000</mark>	
Scottish Land Fund	Contingent on SLF reopening after the Holyrood elections in May 21. In its present guise, can fund up to 95% of eligible project costs (capital costs are determined by independent open market valuation), legal fees and some revenue costs.	£170,000

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Match funding	Ideally a discount on the purchase price negotiated with FLS. If this cannot be secured, a well-managed reward based crowdfunding campaign could secure this amount. Support available through Crowdfund Scotland.	£30,000		
Capital Renovat	ion: <mark>£[]</mark>			
To include: Capital costs; Professional fees; Planning and building warrant fees; Site Investigations (estimate); Furniture and equipment.				
Scottish Land Fund	In its present guise, can fund small essential repairs, say up to £20,000.	£20,000		
Robertson Trust	Community Building Grants can provide up to £75,000 for community hubs — which are multipurpose, open or accessible to local people and that has a community-led governance structure. Work to address trauma at Littleburn is particularly aligned to the Trust's funding strategy.	£75,000 <mark>]</mark>		
Garfield Weston Foundation	Funding is unlikely to be more than 10% of the total costs of the budget. For Capital projects that benefit local communities (e.g repairs and refurbishments of village halls, community centres, places of worship, schools etc.). Good fit with the Foundation's themes: Welfare, Youth, Community, Arts, Faith, Environment, Education, and Health.	£45,000		
Regeneration Capital Grants Fund	Applications need to be made by the local authority – so discussions would need to be had with Highland Council to see if they would support a bid. This could be a large investment, but can be highly competitive. Budget for RCGF in 2021-22, and into the next parliamentary term, will be subject to the Scottish Government's budget setting processes and priorities.	£500,000		
Gordon & Ena Baxter's Foundation	Funds projects in Moray and the Highlands, focussing on education and training; arts and heritage; health and community care; sports; conservation and the environment (so a good fit with Roots & Growth). Need to demonstrate community support, a solid financial plan, and	£25,000		

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	"substantial" match funding in place before an application.			
Revenue: £45,000				
Contribution to	Dev Manager Salary and revenue in early years to d	evelop activity.		
Scottish Land Fund	Some potential for this to be funded through SLF (in its current iteration). Estimate of £10,000 for 2 years would be reasonable.	£20,000		
Robertson Trust	Possible to hold a revenue grant and a capital grant from RT at the same time. The most likely option would be Small Grants - for registered charities with an annual income of between £25,000 and £100,000. This provides revenue funding of between £2,000 and £15,000 for up to five years.	£15,000		
National Lottery Community Fund	Community Led Activity fund aims to support communities to improve the places in which they live and the wellbeing of those most in need. Applicants must be community controlled, with open membership. The average award is around £77,000, with capital funding usually making up no more than 1/3 of the amount sought. Success rates currently around 30%.	£50,000		

The projection below shows potential surplus targets each year and a reserve building up. There will be a target of creating a reserve of 4 months running costs (say around £20,000). Once a figure in this region is achieved, any further surpluses will be reinvested in the facility of the local community and will not build to the total of £32,957shown notionally in the table below.

Financial Summary					
	Yr1	Yr2	Yr3	Yr4	Yr5
Income					
Hire of Blue building	£14,870	£20,729	£27,113	£29,517	£31,921
Rent from Red building	£1,200	£1,200	£1,200	£1,200	£1,200
Hire of Yellow building	£13,757	£17,897	£21,637	£21,637	£21,637
Therapies	£1,590	£1,855	£2,120	£2,120	£2,120
Workshops - arts, creativity, dance, growing	£1,696	£5,088	£5,088	£5,088	£5,724
etc					
Residential Accommodation	£4,172	£4,172	£4,172	£4,172	£4,172
Community /Fundraising events	£630	£630	£630	£735	£735

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Total Income	£38,194	£51,851	£62,239	£64,748	£67,789
Expenditure					
Salaries	£32,904	£32,904	£33,233	£33,233	£33,233
Rates	£0	£0	£0	£0	£0
Water rates (estimate)	£840	£840	£840	£840	£840
Building and site maintenance	£3,000	£3,000	£3,000	£3,000	£3,000
Gas / Electric	£4,800	£4,800	£4,800	£4,800	£4,800
Phone and broadband	£900	£900	£900	£900	£900
Insurance	£2,500	£2,500	£2,500	£2,500	£2,500
Stationery, postage & Printing	£300	£300	£300	£300	£300
Staff and volunteer expenses and training	£3,600	£3,600	£3,600	£3,600	£3,600
Marketing (use of social media etc)	£1,500	£1,500	£1,500	£1,500	£1,500
Website hosting maintenance	£480	£480	£480	£480	£480
Refuse Collection	£300	£300	£300	£300	£300
Cleaning materials	£120	£120	£120	£120	£120
Professional and accountancy fees	£1,750	£1,750	£1,750	£1,750	£1,750
Security alarm and other contracts	£300	£300	£300	£300	£300
Registration and compliance (eg PRS for events)	£500	£500	£500	£500	£500
5% inflationary increase	£0	£0	£2,766	£2,766	£2,766
Misc	£1,200	£1,200	£1,200	£1,200	£1,200
Total overheads:	£54,994	£54,994	£58,089	£58,089	£58,089
With Grants:					
Surplus / deficit	£3,200	£11,856	£14,150	£6,659	£9,699
Reserves / contingency	£3,200	£15,057	£29,207	£36,866	£45,565

Signature

Two office-bearers (board members, charity trustees or committee members) of the community transfer body must sign the form. They must provide their full names and home addresses for the purposes of prevention and detection of fraud.

This form and supporting documents will be made available online for any interested person to read and comment on. Personal information will be redacted before the form is made available.

We, the undersigned on behalf of the community transfer body as noted at section 1, make an asset transfer request as specified in this form.

Application Form

We declare that the information provided in this form and any accompanying documents is accurate to the best of our knowledge.		
1.	Name Natalie Wastnidge	
	Address	
	Date 16/05/21	
	Position: Co-Founder	
	Signature	
' 		
2.	Name Michaela Turner	
	Address	
	Date 16/05/21	
	Position: Founder	
	Signature	

Memorandum of Association with postcodes.

Application Form

Checklist of accompanying documents

To check that nothing is missed, please list any documents which you are submitting to accompany this form.

Section 1 - you must attach your organisation's constitution, articles of association or registered rules

Title of document attached:

Section 2 – any maps, drawings or description of the land requested

Documents attached: Grid Ref Satellite Map, Architect Boundary Map

Section 3 – note of any terms and conditions that are to apply to the request

Documents attached:

Section 4 – about your proposals, their benefits, any restrictions on the land or potential negative consequences, and your organisation's capacity to deliver.

Documents attached: Business plan, Financial projections.

Section 5 – evidence of community support

Documents attached: TBI letter of support, Littleburn Lodge Letter, Unsolicited FB comments

Section 6 – funding

Documents attached: FLS Munlochy Site Valuation Report.