

Rural Skills Course – Silverburn Park, Leven

Six-week programme, commencing 26th July 2016.

Three days per week, Tuesday, Wednesday and Thursday, 10am – 4pm.

10 – 4 pm	Date	Activity
Week 1	Tuesday 26th July 2016	<p>10am: Welcome to the Course!</p> <ul style="list-style-type: none"> • Introductions. • Health & Safety, rules and expectations. • What do you hope to get from the course? • Handbooks and Personal Protective Equipment. <p>12pm: Lunch in the Sensory Garden</p> <ul style="list-style-type: none"> • getting to know each other (bring a packed lunch). <p>1pm: Tour of Silverburn Park</p> <ul style="list-style-type: none"> • Visiting the compartments. • Looking at the Woodland Management Plan. <p>3.30pm: How was your day? See you tomorrow...</p>
	Wednesday 27th July 2016	<p>10am: Welcome back!</p> <ul style="list-style-type: none"> • Tea, coffee and planning the day <p>10.30am: Space Invaders...</p> <ul style="list-style-type: none"> • Identifying the “invasive species” salmonberry (<i>rubus spectabilis</i>) • What problems does it cause? • How do we control it? • Clearing an area of Salmonberry. • Herbicide spraying. <p>12pm: Lunch and one-to-one chats.</p> <p>1pm: Park Maintenance (Break: 2pm)</p> <ul style="list-style-type: none"> • Litter picking. • Repairing Potholes. • Any other useful tasks.
	Thursday 28 th July 2016	<p>10am: Welcome back! First week nearly done!</p> <ul style="list-style-type: none"> • Tea, coffee and planning the day <p>10.30am: Raised/Deep Bed Building Part One</p> <ul style="list-style-type: none"> • What are “raised/deep beds?” • What do we need? • What will we plant? • Choosing a location. • Designing the raised bed. <p>12pm: Lunch and one-to-one chats.</p> <p>1pm: Raised Bed Building Part Two (Break: 2pm)</p> <ul style="list-style-type: none"> • Getting to know the tools. • Tool safety. • Measuring and sawing. • Construction with nails, screws or bolts. • Siting, lining and filling the raised bed.

Week 2	Tuesday 2 nd August 2016	<p>10am: Welcome back!</p> <ul style="list-style-type: none"> • Tea, coffee and planning the day <p>10.30am: Space Invaders...</p> <ul style="list-style-type: none"> • Identifying the “invasive species” rhododendron (rhododendron ponticum). • What problems does it cause? • How do we control it? • Clearing an area of rhododendron. • Herbicide spraying <p>12pm: Lunch and one-to-one chats.</p> <p>1pm: Park Maintenance (Break: 2pm)</p> <ul style="list-style-type: none"> • Litter picking. • Repairing Potholes. • Any other useful tasks.
	Wednesday 3rd August 2016	<p>Welcome Back... at 9am!!</p> <ul style="list-style-type: none"> • Tea, coffee and... <p>Outdoor Emergency First Aid Course</p> <p>5pm Finish today!</p>
	Thursday 4 th August 2016	<p>10am: Welcome back! Tea, coffee and planning the day</p> <p>10.30am Cottage Garden Maintenance</p> <ul style="list-style-type: none"> • Weeding, tidying and maintaining the cottage garden. • Sowing seeds and planting out. <p>12pm: Lunch and one-to-one chats.</p> <p>1pm: Park Maintenance</p> <ul style="list-style-type: none"> • Litter picking. • Repairing Potholes. • Any other useful tasks. <p>2pm: Early Finish! Have a great weekend!</p>

Week 3	Tuesday 9 th August 2016	<p>10am: Welcome back!</p> <ul style="list-style-type: none"> • Tea, coffee and planning the day <p>10.30am: The OPAL Water Survey</p> <ul style="list-style-type: none"> • Introducing the Survey. • What equipment do we need? • Conducting the Survey and logging results. <p>12pm: Lunch and one-to-one chats.</p> <p>1pm: Looking After the Pond (Break: 2pm)</p> <ul style="list-style-type: none"> • Picking litter. • Weeding. • Plant Identification/recording. • Building deadwood hibernaculum to support amphibians (frogs, toads and newts). • Recording the locations of hibernaculum for future peeping.
	Wednesday 10 th August 2016	<p>10am: Welcome back!</p> <ul style="list-style-type: none"> • Tea, coffee and planning the day <p>10.30am: Space Invaders...</p> <ul style="list-style-type: none"> • Identifying the “invasive species” rhododendron (rhododendron ponticum). • What problems does it cause? • How do we control it? • Clearing an area of rhododendron. • Herbicide spraying. <p>12pm: Lunch and one-to-one chats.</p> <p>1pm: Park Maintenance (Break: 2pm)</p> <ul style="list-style-type: none"> • Litter picking. • Repairing Potholes. • Any other useful tasks.
	Thursday 11 th August 2016	<p>10am: Welcome back!</p> <ul style="list-style-type: none"> • Tea, coffee and planning the day <p>10.30am: Cottage Garden Day</p> <ul style="list-style-type: none"> • Using the skills we practiced in Week 1 to design and build suitable raised/deep beds. Exploring other available materials. Exploring specific beds for specific crops. <p>12pm: Lunch and one-to-one chats.</p> <p>1pm: Cottage Garden Day (Break: 2pm)</p> <ul style="list-style-type: none"> • Design and build a rock garden from found materials (eg stone and slate, pebbles, etc). • Sowing seeds, planting out and watering in. • Weeding, tidying and maintaining the cottage garden.

Week 4	Tuesday 16 th August 2016	<p>10am: Welcome back!</p> <ul style="list-style-type: none"> • Tea, coffee and planning the day <p>10.30am: Space Invaders...</p> <ul style="list-style-type: none"> • Identifying the “invasive species” salmonberry (<i>rubus spectabilis</i>) • What problems does it cause? • How do we control it? • Clearing an area of Salmonberry. • Herbicide spraying. <p>12pm: Lunch and one-to-one chats.</p> <p>1pm: The Redwood Trail (Break 2pm)</p> <ul style="list-style-type: none"> • Learning about the redwoods • Weeding and tidying the trail. • Building signs to highlight the trail. • Designing/producing information sheets for the Redwood Trail.
	Wednesday 17 th August 2016	<p>10am: Welcome back!</p> <ul style="list-style-type: none"> • Tea, coffee and planning the day <p>10.30am: OPAL Climate Survey</p> <ul style="list-style-type: none"> • Introducing the Survey. • What equipment do we need? • Conducting the Survey and logging results. <p>12pm: Lunch and one-to-one chats.</p> <p>1pm: Space Invaders... (Break: 2pm)</p> <ul style="list-style-type: none"> • Identifying the “invasive species” rhododendron (<i>rhododendron ponticum</i>). • What problems does it cause? • How do we control it? • Clearing an area of rhododendron. • Herbicide spraying.
	Thursday 18 th August 2016	<p>10am: Welcome back!</p> <ul style="list-style-type: none"> • Tea, coffee and planning the day <p>10.30am: Space Invaders...</p> <ul style="list-style-type: none"> • Identifying the “invasive species” salmonberry (<i>rubus spectabilis</i>) • What problems does it cause? • How do we control it? • Clearing an area of Salmonberry. • Herbicide spraying. <p>12pm: Lunch and one-to-one chats.</p> <p>1pm: Pond Building Part 1 (Break: 2pm)</p> <ul style="list-style-type: none"> • Choosing good areas for amphibian spawning and aquatic flora. • Building sunken “bucket ponds” with adequate access for amphibians. • Filling with pond water and recording location for future monitoring.

Week 5	Tuesday 23 rd August 2016	Practical Activity/Employability Skills. <ul style="list-style-type: none"> • Job Search • CV's
	Wednesday 24 th August 2016	10am: Welcome back! <ul style="list-style-type: none"> • Tea, coffee and planning the day 10.30am: Pond Building Part 2 <ul style="list-style-type: none"> • Designing and building a lined pond in the cottage garden. • Suitable depth, preparing the hole, using liner. 12pm: Lunch and one-to-one chats. 1pm: Pond Building Part 2 Continued (Break: 2pm) <ul style="list-style-type: none"> • Building the border with rocks, etc. • Ensuring amphibian access. • Filling with pond water and aquatic fauna.
	Thursday 25 th August 2016	10am: Welcome back! <ul style="list-style-type: none"> • Tea, coffee and planning the day 10.30am: OPAL Tree Health Survey <ul style="list-style-type: none"> • Introducing the Survey. • What equipment do we need? • Conducting the Survey and logging results. 12pm: Lunch and one-to-one chats. 1pm: Park Maintenance (Break: 2pm) <ul style="list-style-type: none"> • Litter picking. • Repairing Potholes. • Any other useful tasks.

Week 6	Tuesday 30 th August 2016	<p>10am: Welcome back!</p> <ul style="list-style-type: none"> • Tea, coffee and planning the day <p>10.30pm: Tweeting and Twooing Day</p> <ul style="list-style-type: none"> • Designing and building an owl house for the woods, or bird houses for the cottage garden. <p>12pm: Lunch and one-to-one chats.</p> <p>1pm: Tweeting and Twooing Day Continued (Break: 2pm)</p> <ul style="list-style-type: none"> • Finishing the houses. • Choosing sites and appropriate mounting.
	Wednesday 31 st August 2016	<p>10am: Welcome back!</p> <ul style="list-style-type: none"> • Tea, coffee and planning the day <p>10.30am: Space Invaders...</p> <ul style="list-style-type: none"> • Identifying the “invasive species” salmonberry (<i>rubus spectabilis</i>) • What problems does it cause? • How do we control it? • Clearing an area of Salmonberry. • Herbicide spraying. • Examining and recording our different approaches to invasive species. <p>12pm: Lunch and one-to-one chats.</p> <p>1pm: Park Maintenance (Break: 2pm)</p> <ul style="list-style-type: none"> • Litter picking. • Repairing Potholes. • Any other useful tasks.
	Thursday 1 st September 2016	Final Activity/Employability Skills/ Next Steps / Celebration.