

Organisation	Project Name	Amount £	Area
Lairg Jogging Group	<p>Fitness Course</p> <p>This project would help the community members to keep active. We started a Jogging Group in January 2016 and have nearly 30 members and growing in popularity, to keep sessions accessible to all they are charged at the nominal rate at the £1. We recognize a need in the community for fitness sessions and it would be good to provide a choice of activities. Also, given the fitness room project in Lairg is about to be completed it will help the community to have a dedicated person locally who can provide gym induction training. The project will also help to build a positive relationship between individuals within the neighbouring communities, as interest is being shown from individuals slightly further afield</p>	570.00	Lairg, Bonar Bridge & Ardgay
Lairg & District Community Initiatives	<p>Picnic Area</p> <p>This is a space open to the public for recreational purposes occupying a focal position within the centre of the village. Its location on the side of the Little Loch Shin and next to the car park makes it an excellent setting for a restive facility, where members of the community and visitors can spend time and enjoy the surrounding green spaces and views over to the loch.</p>	1500.00	Lairg
Kinlochbervie Community Company	<p>Regeneration of 17 Manse Road in Kinlochbervie</p> <p>It will meet an element of housing demand that is not currently being met. Once the project is completed, it will be Kinlochbervie's only 4-bedroom house in the social housing sector. Right now larger families have to move out of the village or accept housing that is too small for their needs. It will bring back a sense of community pride. This house has been boarded up for 7 years. The garden is so overgrown that it is almost impossible to get to the front door. The house (including yard) is an eyesore that sits in a very prominent place in the village next to the nursery, primary school and high school. It is an obvious symbol of decline and is demoralising for the community. Rental of the house will provide a modest income stream for the Kinlochbervie Community Company (which is a charity). This will help us become sustainable and provide seed money for other community improvement initiatives.</p>	2000.00	17 Manse Road, Kinlochbervie
Scourie Community	Refurbishment of Scourie Village Hall	2000.00	Scourie

Hall Association	There will be a meeting space that will be open all year round for people to meet and enjoy pleasurable activities together. This will improve physical and mental wellbeing. The only other place to meet is in the public bar of the hotel, which is not open all year round, and is not suitable for many activities.		
Dornoch Area Community Council	Natural History Information Panels at Dornoch Beach and Dornoch Point In a visitor destination people look for information to give them a better understanding and appreciation of the area. The local and wider area economies rely heavily on holiday makers and visitors, providing this information will enrich the visitor experience. Positive experiences make it more likely that people will return to or stay longer in the area. In providing further information through websites we would hope to whet the viewers' appetites to venture further afield in search of more of the many unique features of Sutherland's geology, botany, wild life, history and archaeology. interlocked with our own existence should encourage responsible custodianship.	480.00	Dornoch Beach Car Park & Dornoch Airstrip
Loth & Helmsdale Flower show Society	Helmsdale Village Centre Garden As stated, this will depict the heritage of the area and will be an added attraction for visitors and local residents alike.	720.00	Helmsdale
Sutherland Partnership - New Futures Sutherland	New Futures Sutherland By offering a more integrated service provision across education, employability and health we can expand our services to reach the rural areas which are often overlooked because of distance and travelling time. The lasting legacy we hope will be a reduction in poverty by providing a working role model in every household, thus keeping children and families out of poverty. We recognise that work remains the best route out of poverty, but it is not a guarantee: clients may find difficulties gaining and sustaining work due to low skills, a lack of suitable opportunities, inadequate transport links, poor health and disability or caring responsibilities. Once in work, they may experience hardship due to low skills, low hours or low pay, transport costs and job insecurities. Frequent transitions in and out of work are considered 'normal' within the Highlands because of the seasonal nature of many jobs. Causes of poverty exist at a community level too: factors affecting deprived communities, including poor services, and low aspirations increase families' experiences of deprivation, raise their cost of living and make it more difficult for them to take steps out of poverty.	2000.00	All of County of Sutherland
Helmsdale Sports Association	Helmsdale Multi - Sport Facility The facility will give accesses locally to sports facilities to all members of local community and therefore make population healthier and fitter. Facility will be used by all ages within	2000.00	Site of Tennis Courts in Helmsdale

	community.		
Helmsdale Primary School PC	<p>Helmsdale Station Art Project</p> <p>We feel that the entire community would benefit from the improvements we are proposing to make as well as any visitors to the village who arrive or leave via the Far North Line. This project would be hugely beneficial in the education of the school children who will be integral to designing and putting together the murals. It also gives the older generation who attend the well-being HUB a sense of purpose being able to bring their memories of days gone by back to life.</p>	708.30	Helmsdale
Mackay Country Community Trust	<p>Digital storage of Video and Audio</p> <p>The eventual aim is to have all the video and audio material archived with a search facility available on a locally based archive. This project is a step in the direction of achieving this. We are currently working closely with Strathnaver Museum to integrate the vast amount of digitised and hard copy material each group has. One locality for the material has become essential to be able to catalogue and categorise the material. Video and audio in achievable format requires a large storage facility. Desktop and laptop computers do not give this necessary requirement.</p>	759.90	Bettyhill, Durness & Tongue
Durness Community Council	<p>Bayview camera- from Durness to Orkney</p> <p>This will provide an excellent attraction for tourists and local people alike, giving grand views across the expanse of the bay and out to sea better than they will have seen before all within the comfort of the visitor centre. An ideal place to watch the waves for birds, mammals – or ships. With supporting interpretative material the sights will enrich the visitor’s experience and provide an excellent educational opportunity for the young with back up support from the centre’s Highland Council Ranger.</p>	1000.00	Durness Visitor Centre
Silver Rock Foundation	<p>Soundwaves Music/Drama Workshops for deaf youngsters</p> <p>The event as well as giving fun and excitement to the youngsters will also heighten awareness in one community to the issues of the deaf</p>	2000.00	Golspie
Melness Community Hall	<p>Securing the play area around Melness Community Hall</p> <p>The Melness community hall committee, with much voluntary help and support from the local small population, have been carrying out small scale improvement work to the hall facility. This has included making the main hall fit for purpose. There is currently a project underway to renovate the anti-rooms and improve access for loft storage. The hall is being used by more and more groups and securing and making an outside area safe for children will better the facility used by everyone making the local area stronger.</p>	1010.00	Melness

Kyle of Sutherland Gala Week	<p>Gala Fete It will bring everyone, old and young, together from the local communities for the start of the gala week. There aren't many opportunities for this to happen. The venue will be within walking distance of Ardgay and Bonar Bridge and there will be parking for others travelling from the other villages which makes it accessible.</p>	700.00	Bonar Bridge (Ardgay, Culrain, Invershin & Rosehall)
Sutherland Youth Forum	<p>Sutherland Youth Forum bi-monthly meetings We work with and alongside the communities, councillors and other services to ensure all young people in Sutherland's views and opinions are being heard. We also help young people by providing funding for them to have projects in their areas.</p>	2000.00	Across Sutherland
Bonar Bridge Ardgay Golf Club	<p>Facilitating Children and Golf The activities our club provides encourages healthy physical and social activity so important with the current epidemic of obesity; and promotes the responsible use of and care of property and equipment. In turn there is a flow-on beneficial to the families of the children and hence the community at large.</p>	900.00	Bonar Bridge/Ardgay Golf Club
The Lochinver Summer Project	<p>The Lochinver Summer Project This project would be a chance for the people of Assynt to deliver the skills and qualities they already have gained to others. An example of this would be the Kayaking that is run in Lochinver we would like to be able to deliver this to the Assynt young people. The project would be a brilliant opportunity to utilise the businesses and talent we have in Assynt, for example by asking people to play at a coffee morning or by local culinary businesses being utilised for the same event by the purchase of sandwiches and cakes. This project would also allow many young people to apply for Saltire awards which they all understand is very important and it would be a good opportunity for them to see what they have achieved. It will also allow for an opportunity for the differing generations in Assynt to come together and clear up any misconceptions each generation may have of the other. In terms of people coming from outside of the village it will show them the true potential of the village and perhaps encourage them to come back the following year. It would also be a good opportunity for other groups such as the country side rangers to pilot certain clubs/activities they may have planned and the P7's transitioning into High School being able to take part in the wider areas summer activities if can source funding for transport.</p>	1500.00	Lochinver
Feis Air An Oir	<p>Increase the scope of Feis Air An Oir This project would be a chance for the people of Assynt to deliver the skills and qualities they already have gained to others. An example of this would be the Kayaking that is run in</p>	1178.00	Melvich, Bettyhill, Strathy, Armadale

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Helmsdale Kitchen Garden	<p>Helmsdale Kitchen Garden Growing fruit and vegetables within a community garden is a proven way to increase self-reliance, co-operation and engagement within the community. The physical activity needed to both develop and then maintain the garden will provide further beneficial outcomes. The fresh produce from the garden will improve the local availability of fresh and nutritional produce.</p>	1500.00	Helmsdale
Tongue, Melness & Skerray Community Council	<p>Memorial bench 1916-2016 The bench will look out across Torrisdale Bay and provide a resting place for local people and visitors to sit down and look out across the bay, and with the inscription – consider the men who never made it home.</p>	1251.25	Torrisdale Bay, Skerray
CVS North	<p>Visit Sutherland web presence This project will provide opportunities for those living and working in our communities to announce and expose their activities, create groups with shared interests, inspire others, shape our communities, improve the lives and wellbeing of others and help allow the making of new connections. This project will give visitors to our communities' information of events and opportunities to detail their itinerates to visit and participate with planned events.</p>	1950.00	All of Sutherland covered by WWW
West Sutherland Fisheries Trust	<p>Get to know your river The project will give all attending an understanding of the freshwater environment and the creatures that rely upon it. This will raise awareness of the risks to the environment and ways to protect it. Adding to a fun day, we will help to promote angling and environmental</p>	700.00	Assynt (as part of Assynt Fishing Feis)

	protection while providing an enjoyable activity for the community.		
Timespan	<p>Artlands North</p> <p>This project has multiple benefits for the Sutherland community. Currently Artlands North provides a GPS enabled app that can be used to navigate the region’s creative landscape; through the proposed activities it will increase its significant contributions to tourism, local infrastructure and economy, promoting the unique creative energy in the region to visitors and locals in a practical, accessible way. The potential to set up an annual Open Studio event would produce a lasting legacy of creative activity for the community. The project would form an integral part of Timespan’s work to support the creative practitioners of our region both commercially and professionally, and represents a real opportunity to develop Artlands North into a resource that can be of benefit to the wider Sutherland community by bringing artists and locals together.</p>	1615.00	Helmsdale/Sutherland
Helmsdale Woodlanders	<p>New Marrel Wood</p> <p>The Marrel area once hosted woodland which was actively managed by members of the local community and provided materials for local industry (including whisky barrels and hand tools). Fragments of these woodlands remain, although they have become very over-grown, inaccessible and unproductive after 100 years plus of neglect. The Helmsdale Woodlanders hope to restore some of these existing fragments to a more productive, attractive and ecologically balanced condition and develop new areas of woodland.</p>	1500.00	The Marrel, Helmsdale
Cara Beagrie & Olivia Saunders	<p>Holiday Activity Club</p> <p>It means we will have something to do as a group, instead of being on our own at home and we get to meet new people from other areas of Sutherland. Some of us have no holidays or days out apart from Holiday Club. There used to be bad feeling between neighbouring towns but I have friends from other towns through going to holiday club.</p>	2000.00	East & Central Sutherland
Voluntary Groups East Sutherland	<p>Senior Safe and Well Highlander</p> <p>Through close working relations with partners and other attendees of the Sutherland District Partnership we are able to be aware of needs within our local community. Throughout Sutherland there are a few support groups and local “hub” centres providing support for individuals including those with long term conditions – this event will provide an opportunity for individuals to network and share experiences across the whole of Sutherland.</p>	1800.00	Rogart Hall
Assynt Leisure Centre Ltd	<p>Fitness Suite Development</p> <p>By creating opportunities and empowering the community: there is widespread evidence that participation in sports, crafts and other leisure pursuits has a positive impact on social,</p>	2000.00	Lochinver

	<p>mental and physical wellbeing. Improving facilities and expanding services offered will widen the existing use of the centre and boost income, thus improving its long term sustainability. Providing additional services will improve the sustainability of the centre and attract more visitors. Income generated as a result of the Project will benefit other areas within the Assynt Leisure such as the Learning Centre and volunteering activities. Benefits to the Learning Centre which facilitates training aimed at improving employability and supporting those seeking self-employment. Creation of new salaried Leisure Assistant position with training opportunities, in an area where full time jobs are scarce.</p>		
Lairg Table Tennis Club	<p>Lairg Tennis Court improvements We would like to make basic improvements to the existing outdoor Tennis Court so that the facility is useable. We see potential for the facility to be developed fully but for now we would like to save it from its dilapidated state in order to use it for coaching and increase participation in the sport. The bare minimum required to achieve this would be for the surface to be prepared and the lines repainted. We would also require nets as the current nets are not fit for purpose</p>	2000.00	Lairg Tennis Court
Rogart Cinema	<p>Upgrading to larger screen size for Cinema We have been running a community cinema for some 2 years now and it has proved very popular both within Rogart and the wider community. We regularly have cinemagoers from Brora, Golspie, Lairg, Dornoch and even Tain. The screen and sound system is also used by community, heritage and church groups, and we would be able to utilise the 'old' screen by fitting it in the smaller meeting room for the use of smaller groups. School children pursuing field projects will be able to see clear illustrations of the variety of wild life indigenous to the area and of Sutherland generally. Each generation becomes custodians of our local natural history, understanding how the eco system works, how it is</p>	750.00	Rogart Hall
Golspie Playgroup	<p>Childminder Co-ordinator If funds were available to supplement some of the costs involved in establishing a child-minding business it may result in increased uptake in childminders in rural areas. In turn this could also support inward migration in rural areas boosting the local economy which is also helping to tackle unemployment whilst creating a more diverse workforce. Thus supporting the Scottish strategy to support young people into employment</p>	2000.00	Sutherland Areas
Farr Edge 2000	<p>Volunteer Training Having the volunteers trained in the basic needs will ensure we are meeting all the required standards and providing a safe environment with people able to cope with any situation that</p>	630.00	Bettyhill

	arises will make our community facility and the activates we carry out a better place for all those involved. Having these people in the community spreads the sills and betters the community at large		
Valerie Pryde	Sutherland TICK Awareness Project Information posters will be visual in every village in Sutherland. This will inform people of the dangers of Ticks and the diseases they carry. It will educate people on what to do and the correct path to take if bitten by a TICK. This Project could prevent Lyme Disease numbers rising in Sutherland. Dependant on funding there would be a collection point in each village for individuals to have at hand a Tick Remover Tool. An honesty box policy will operate to enable used removers tools to be replaced.	2000.00	Golspie/Sutherland
Sutherland Sessions	Sutherland Sessions Presents The project will provide opportunities for young people, who may be thinking of a professional/semi-professional career in music, to enhance their performance skills. It will create enjoyable community social gatherings and build community cohesion across East & Central Sutherland. It will bring additional short-stay visitors to the area and increase tourism spend in local hotels/B & Bs, pubs, restaurants and cafes.	1500.00	East & Central Sutherland
Family First East Sutherland	Lairg Todler Group Assistant Through the toddler group. I can offer advice, support on parenting. Parents have access to projects such as childsmile healthy start, bookbug and paly@home all of these assist in positive, healthy parenting and families. This is also a place where parents can meet their peers and share their ideas and create friendships which last out with the group	1145.70	Lairg Community Hall
Lairg Pupil Council	School Sign The project will encourage our children to be more productive and demonstrate their achievements on the notice board. It will help their visual presentation and social interaction skills whilst keeping the community abreast of forthcoming events.The project will bring pride and help build an inter-generational bond within the community.	800.00	Lairg
Light Up Lairg	Christmas lights long term and ongoing project The erection of the street lights and Christmas trees conveys the message that Lairg is a vibrant village in which to live and visit during the darkest period of the winter months. During this period it improves the moral and wellbeing of all members of the community, with many residents commenting on how attractive the lights in the village are over the festive period.	1200.00	Lairg Village
Creich Croick &	Activities Assistant	2000.00	The Bradbury Centre, Bonar

Kincardine District Day Care Association	This project will allow the elderly of our communities to be more independent, maintain their physical and mental fitness thus enabling them to remain in their own homes for longer. It will allow carers and family members respite on four days a week instead of the two that they get at present and find invaluable.		Bridge
Tongue and Farr Sports Association, T/A North Coast Leisure Centre	The Hydroponic Smoothie Garden Our project will encourage adults and children in the local area learn where fruit and vegetables come from, their nutritional values and how to make their own super tasty smoothies on our self powered smoothie bike. If all goes well we should be able to sell any surplus produce to the school/nursery and the public allowing fresh grown produce to be available year round. Our project will help to encourage healthy lifestyles to our users and the groups we work with. By encouraging the children to get involved in the growing of the fruit they will get hands on practical experience and help them to understand where their food comes from. This will encourage them to make healthy choices which will have benefits for them as individuals and benefits more widely for the health care providers as people are healthier through making the right lifestyle choices. The project will also have a wider impact as it encourages people to think about food miles and the impact our choices have on the global climate. By reducing food miles, we are reducing the impact of our carbon emissions.	2000.00	Bettyhill
Fascally Park Development Group	Fascally Park Development Group To create an area where families can meet, play and enjoy. It will also encourage people to keep active as there will be equipment for all ages including outdoor gym equipment. It will also draw people to and from newly managed heritage centre which is on the same site.	2000.00	Brora
Lairg Eco Group	Outdoor Classroom The children will learn from an early age how to demonstrate sensitivity towards their local natural surroundings and how to formulate an understanding and respect for flora and fauna and the overall environment. This will instil within them a respect for green values and sustainability, to the benefit of their community. One of the first positive outcomes will be a litter free village. Then improved recycling habits, care for green spaces, a greater awareness for the preservation of wildlife, and an appreciation generally for healthy outdoor activities.	2000.00	Lairg
North West Training Centre Association	Craft courses & Administration costs North West Sutherland is a remote, rural area characterised by a scattered population and poor transport links. Isolation is a problem. The total population is approximately 1,000 with the population density of only 0.9 people per square kilometre. In the past few years there has been a noticeable decline in service levels generally; e.g. reduced road maintenance,	2000.00	KLB High School, Scourie, Achfary, KLB & Durness

	<p>closure of the service point in Durness, loss of 1 doctor in the area, etc. We are the only provider of adult education in this area. We feel strongly that our centre is an essential component of a healthy community and must continue. Although we are seeking specific funding for crafts courses, we also offer a wide range of other courses. Recent courses have included geology, elementary food hygiene, first aid, digital skills, bread making and dressmaking.</p>		
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