



Welcome to  
Lochview Rural Training's  
newsletter....!

There's lots going on at Lochview Rural Training for children, young people families and adults, please contact us to find out more about our current projects and upcoming training opportunities.



At Lochview Rural Training, we believe everyone deserves the opportunity to build confidence, develop skills and explore new possibilities.

Our Land to Livelihoods project is a free programme designed to support adults (16+) particularly those in rural communities to gain practical rural skills and explore enterprise opportunities.

We are keen to work with adults at any stage whether you're just starting to think about your next step, building confidence, developing a new idea, or ready to turn a skill into a business.



Lochview Rural Training are working with organisations in central and west Sutherland and

in Coigach to develop a wellbeing project to support adults living in remote and rural areas. Roots and Resilience will see a range of activities developed to support adults, with a particular focus on developing support and activities for men. The activities will take place in local communities and will include monthly training and activities at Lochview. Sessions will promote positive mental wellbeing and training in Mental Health First Aid will be offered to adults who would like to support others in their communities.

The project aims to reduce feelings of isolation, particularly in the difficult winter months.

### Volunteering Opportunities

Our new Volunteer Co-ordinator Martin Yeoman, would love to hear from you if you would like to find out more about volunteering at Lochview Rural Training - there are many roles available - hands-on at the croft, in the office, working with students or supporting us from home. Volunteering for us can fit in with your existing commitments, and could be weekly, monthly or to help with a specific project or event.

Contact Martin at  
[volunteering@lochviewruraltraining.co.uk](mailto:volunteering@lochviewruraltraining.co.uk)

Whether you're looking to boost your wellbeing, build career confidence, or just get your hands a little muddy, sessions at Lochview Rural Training are designed to be relaxing, supportive, and most importantly fun.

Our 2026 Programmes include:

- One-to-one sessions with young people to build confidence and skills (14+)
- Small group sessions to support peer relationships, learning and to gain experience working with animals and on growing projects (all ages)
- Field to Fork: Woodwork, animal care, and food growing in a supportive environment (adults)
- Acres of Knowledge : Photography, art, cooking, and working with our livestock (adults)
- Land to Livelihoods (16+): A FREE programme to help you turn rural skills into a business idea.
- Young Crofters (Ages 12+): Learn rural skills and make new friends
- Roots & Rangers (Ages 7-11): Marshmallows, nature exploration, and running wild!
- Ongoing adult Heritage Skills Workshops - see social media posts /Eventbrite page for details



Come as you are, leave with a smile. Our rural setting is the perfect place to breathe deep, build confidence, and connect with the land.



We were absolutely delighted to welcome the Lord-Lieutenant of Sutherland to Lochview Rural Training. Major General Patrick Marriot came along to meet staff and participants at our Acre of Knowledge group. He was impressed to hear about our projects and to see our work in action. Patrick particularly enjoyed meeting Cathy and Cora our Belted Galloway cows and the endangered Large Black pigs who have recently produced piglets.

Our very successful 'Introduction to the Land-based Sector' course will be running again in May and June.

The course is free and is aimed at 16-25 year olds who want to explore different options for land-based employment. Previous participants have gone on to work for employers that we have introduced them to, others have discovered their career aims and have undertaken further study in their chosen field.

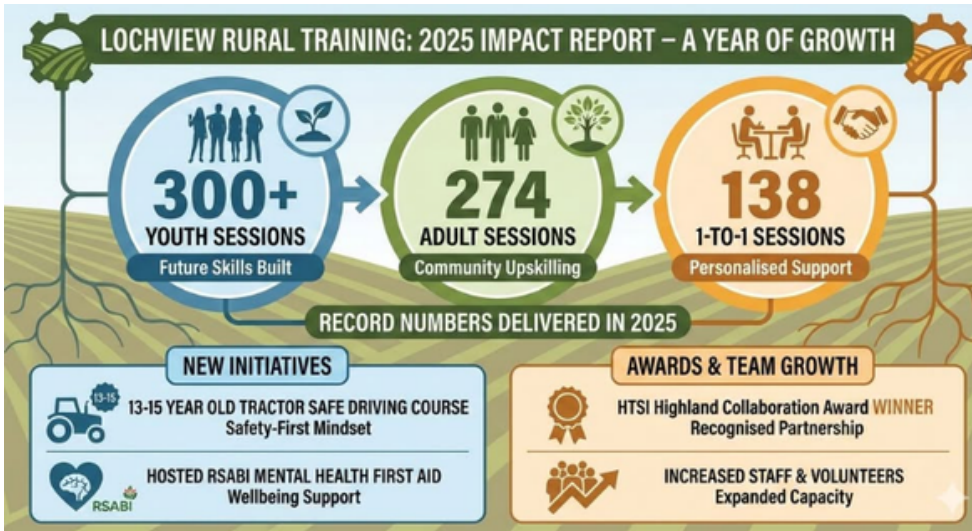
## Introduction to the Land-based Sector

Are you 16 or over, recently out of education, or looking to upskill in the land-based sector?

Our hands-on course is the perfect opportunity to explore a career working outdoors, with animals, and in rural land management.

What's Included:

- ✓ Visit to a local working estate
- 🐔 Animal care across a variety of croft animals
- 🌿 Soils, conservation & biodiversity + NatureScot site visit
- 🧱 2-day Dry Stone Walling
- 🚧 2-day Fencing Skills
- 🌲 Forestry & Land Scotland visit
- 🔧 Machinery maintenance & ATV course
- 🚑 Emergency First Aid + Completion Celebration!



Lochview Rural Training was established in 2021 and initially focused on upskilling young people into local land-based employment.

This is still an important element of our work, but we have also expanded our work to further meet the needs of local people, communities and employers.

Lochview Rural Training now

supports children, young people and adults to reach their goals through a range of training, workshops and projects. Lochview Rural Training continues to grow (in staff numbers and project delivery) and has become an established and respected training centre that attracts participants from across Scotland.

We are incredibly proud to share that Cara, our CEO and founder, has been shortlisted for the National Women in Agriculture Awards!

Those who know Cara will understand just how much passion, dedication and heart she puts into creating opportunities for young people in our rural communities. Her commitment to supporting learning, building confidence and opening doors to land-based skills has made a real difference to so many.



Staff and volunteers at Lochview rural Training recently visited the Crannog Centre in Perthshire as part of SEAs Towards a Thriving Sector programme which is supporting heritage organisations in Highland (and across Scotland) to strengthen and develop their organisation. The programme links like minded organisations and offers training and mentorship to staff and trustees.

### CALLING ALL LAMBING VOLUNTEERS!

SPRING IS NEAR! Join us for Lambing Season starting April 5th!  
LEARN RURAL SKILLS | GAIN HANDS-ON EXPERIENCE | BE PART OF THE FARM



Are you interested in sheep? Curious about how lambing works? Or simply keen to learn something new outdoors?

To volunteer you must:

- Be 18+
- Have a reasonable level of fitness
- Be keen to learn and happy to work outdoors

