



**JULY 2025**

# SUMMER NEWSLETTER

**AIGAS COMMUNITY FOREST**



## A Year of Events in the Forest

Summer solstice is behind us and the days are slowly getting shorter, but we have a number of great events planned for you.

Music in the Forest in June was a huge success and you can read more about it below. We invited the wonderful and knowledgeable team from Naturesdays at Aigas again to organise two events in August. We are also looking forward to hosting two special events in September:




### FAMILY FUN IN THE FOREST

Saturday, 6<sup>th</sup> September, 2025

**Aigas Stories**

Join us for a walk and meet the woods as you've never met them before! We'll tell tales of wandering trees and dangerous mice, lost treasures, mysterious owls, and rabbit disasters.

**Becoming beasts**

If you go exploring in the forest, what animal would you like to meet? Make masks and turn into those animals – from rabbits to wildcats, hares to ravens. There might even be unicorns and escaped haggis!

**Register Now**

email – [secretary@aigasforest.org.uk](mailto:secretary@aigasforest.org.uk)

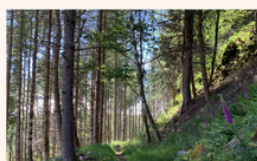



These sessions are for families or accompanied children and will be led by the The Creeping Toad.  
<https://creepingtoad.com>

## WELLNESS in the forest

10am-2pm  
Sat 27 September

Mindful walk & standing Pilates with Cathryn  
Gentle vinyasa yoga with Alice  
Picnic by the fire pit



Email [secretary@aigasforest.org.uk](mailto:secretary@aigasforest.org.uk)  
to reserve your spot

## FUTURE EVENTS

**Saturday 12<sup>th</sup> July**  
Walk & Talk with our  
Forest manager Alasdair

**Saturday 9<sup>th</sup> August**  
Moth Workshop with  
Naturesdays at Aigas

**Thursday 14<sup>th</sup> August**  
Family Fun in the Forest with  
Naturesdays at Aigas

**Saturday 6<sup>th</sup> September**  
Family Fun in the Forest with  
The Creeping Toad

**Saturday 27<sup>th</sup> September**  
Wellness in the Forest with  
Alice and Cathryn

Join Aigas Community Forest as a member or  
a volunteer by submitting a form on our website





# 10<sup>th</sup> Anniversary Music Celebration

On June 15<sup>th</sup>, we invited Moteh Parrott and his band to perform for us in the woods. Work for this event begun in January with volunteers helping to construct a shed for the new generator. Though this wasn't the only reason to have a new generator installed, it did provide a target to get things ready. We were also in a position where the removal of the sawmill to the quarry area left us with a space that loaned itself to being a stage.



As well as Moteh Parrott, who was unknown to most of the fifty people who attended, we also had two local musicians performing for us, Siobhan Naylor and Elis Macfadyen.



Siobhan provided a stunning set of beautiful songs, both cover and originals. Elis played mostly his own songs, including one about a vision of how the future might look for the area if the big energy projects go ahead.

Moteh's music was perfect for a warm and sometimes sunny afternoon, and people who were sat further away notably moved over to listen more closely to the band's excellent performance. We are sure he has gained some more fans that day. Refreshments were provided by volunteers and donations were taken for The Haven Centre at Elsie Normington Foundation.

All in all, the staff and volunteer team worked together to put on a great and relaxed afternoon of music, with thanks to all those who helped and attended. As a first music event, the forest cabin area proved to be a great venue for both listeners and performers.

by Bob Bull

## LATEST NEWS

### Victorian Bridge repairs

You might have already crossed the historic Victorian bridge on the south side on the Forest Circular Walk. The repairs project is starting this month whilst the water levels are low, in order to underpin the bases of the abutments and repair the missing paving on the floor of the stream, and to repoint the stone work at water level.

Access updates will be displayed at the Forest.



# Wildlife in the Forest

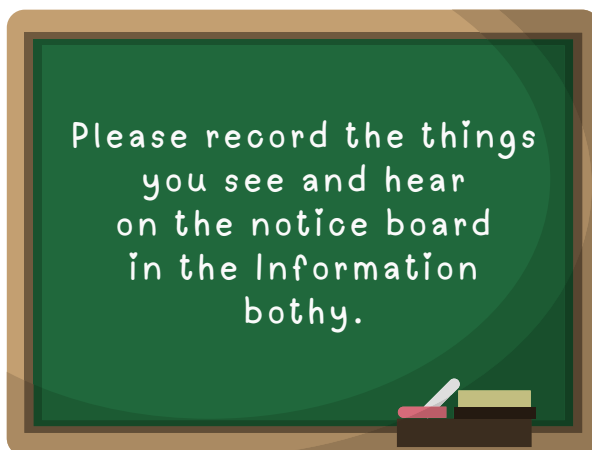
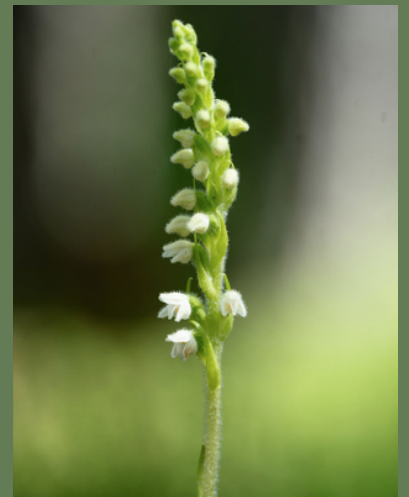
Whilst clearing bracken in the Forest one morning, our volunteers came across a little visitor. Common lizard (*Zootoca vivipara*) is one of six native reptiles in the UK, which comes out bathing in the sun and hibernates during winter months. Did you know - when threatened by a predator, common lizard can shed its still moving tail in order to distract them and run for a quick escape?



The edges of the Forest are glowing in purple at this time of the year. Foxgloves (*Digitalis*) grow particularly well in acidic soil, which is why we see them on our slopes that used to be conifer plantations. The bees and other pollinators find them particularly attractive. The plant is poisonous to humans and pets if consumed directly, however, it is used in medicine to treat heart condition and high blood pressure.



A couple of volunteers have recently spotted a special and delightful wildflower in the Forest: creeping lady's tresses (*Goodyera repens*). It belongs to the orchid family and flowers in late summer in the understorey of Caledonian forests, under Scots pine, birch trees or pine plantations. The fact that it generally only thrives in certain locations in the Highlands makes us feel truly privileged.



Photos by ACF volunteers &  
Jacob New (creeping lady's tresses)

## Get in touch

Please send us your feedback, comments or suggestions for our newsletter and what we do at the Forest. Your contributions of photos, words and ideas to the future newsletter are welcome!

Contact:  
[secretary@aigasforest.org.uk](mailto:secretary@aigasforest.org.uk)

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[secretary@aigasforest.org.uk](mailto:secretary@aigasforest.org.uk)



# PROTECT YOURSELF FROM TICKS AND LYME DISEASE



## TICKS

Ticks are tiny parasites related to spiders, mites and scorpions. Ticks commonly inhabit woodland, heath and grassy areas, but you can also be bitten by infected ticks in city parks and gardens. Ticks feed on the blood of animals. After feeding their bodies swell.

## LYME DISEASE

Lyme disease is an increasingly common infection transmitted by the bite of an infected tick. Symptoms are wide-ranging and can include expanding rash, flu-like symptoms, vomiting, fatigue, headache, muscle/joint/nerve pain, headache, face paralysis, and heart complications. Antibiotic treatment within a few weeks is normally effective, but delay in treatment can result in chronic debilitating illness. Consult your GP as soon as possible if you have such symptoms.

## PREVENT TICK BITES

### BEFORE YOU GO

- Spray clothes with Permethrin
- Buy tick repellent
- Buy a specialist tick remover

### WHILE YOU ARE OUT

- Wear light coloured clothing with long sleeves and trousers
- Tuck trousers into your socks
- Carry a tick removal tool
- Use insect repellent
- Avoid brushing against foliage

### AFTER YOU GET BACK

- Do a tick check - on yourself, children and pets



## CHECK FOR TICKS

Ticks can be the size of a pin head and hard to spot. Check particularly

- your scalp
- behind the ears
- underarms
- around the waist
- groin
- behind knees

## REMOVE TICKS

Learn how to remove ticks safely with specialist tools

