



**from  
£35  
each day**



Delivered in Partnership with;

**sportscotland**



# ARGYLL - BUTE SPORTS COACHING 2011

Courses for -  
Sports Coaches, Club Officials,  
Youth Leaders, Community Groups,  
Volunteers, Individuals and YOU!

Including . . . . .

- TRAIL CYCLE LEADER
- SWIM COACH/TEACH
- ZUMBA INSTRUCTOR
- BADMINTON
- TENNIS
- TRIATHLON
- ORIENTEERING
- MOUNTAIN NAVIGATION
- CANOEING
- KAYAKING
- SHINTY
- FOOTBALL
- CRICKET
- SWIMMING
- ATHLETICS
- JOG LEADERS
- NETBALL
- TABLE TENNIS
- BASKETBALL
- RUGBY
- FIRST AID
- DISABILITY SPORT
- CHILD PROTECTION
- DANCE INSTRUCTOR
- FUELLING PERFORMERS
- COACHING CHILDREN
- CORE STABILITY
- CIRCUS SKILLS
- COACH MENTORING
- ANALYSING COACHING

**FREE TRANSPORT**  
from areas of Argyll and Bute

**OBAN**  
**4th - 6th February**  
sportscoaching@argyll-bute.gov.uk

## Welcome to the 2011 Argyll and Bute Sports Coaching Event

This programme has qualified over 800 people to deliver quality sports coaching across Argyll and Bute since 2008.

It has helped develop opportunities for clubs, schools, athletes and social enterprise organisations to grow and get people of Argyll and Bute physically active.

We are grateful for the partnership of sportscotland in organising and funding the programme. We are also grateful for the co-operation and help provided by a range of Scottish Governing Bodies of Sport as well as Stramash Social Enterprise, Atlantis Leisure and our own Active Schools, Leisure Service and Sports Development staff without whom the event would not be possible.

## How to Book your Courses

- Read the description of the course/s you want to take.
- Check the application form for any qualification or experience you might need
- You can choose two half day courses on the same day for £35.00
- Tick the application form completing your personal details.
- Enclose your payment by cheque payable to ARGYLL AND BUTE COUNCIL.

***Some courses will fill up very quickly, so you are advised to book early.***

All courses are subsidised by Argyll and Bute Council and **sportscotland** and reflect our aim of raising the number of qualified sports coaches in the area. We are also intent on raising the quality of coaching in Argyll and Bute by offering existing coaches opportunities to improve their skills and qualifications.

Grants may be available for constituted organisations wishing to book places – see [www.biglotteryfund.org.uk/prog\\_2014](http://www.biglotteryfund.org.uk/prog_2014)

The Argyll and Bute Sport and Physical Activity Strategy 2009-2015 has six main aims which reflect national targets and programmes tackling physical activity levels and developing sporting opportunities in our area.

They are; Get More People More Active – Encouraging an Active Lifestyle – Raise the Quality of Sports Coaching and success for athletes – Encourage Volunteers in Sport through training – Use Sport to tackle social inequality – have sport recognised as a major contributor in the Community Planning Process.

For further information and enquiries contact [sportscoaching@argyll-bute.gov.uk](mailto:sportscoaching@argyll-bute.gov.uk)

# Friday 4<sup>th</sup> February 2011

Choose either a Full Day or Two Half Day Courses from ONLY £35\*  
(includes all course fees, refreshments, delegates pack and CPD Certificate)

*\*Some courses will cost more – see individual description\**

## Trail Cycle Leader Training

Cost: £180

2.5 Day Course

Starts Friday 4<sup>th</sup> Feb at 6.00 pm

Have you been riding a bike for years and want to take groups out but need a qualification? We are running the excellent Trail Cycle Leader training course to enable you to lead groups on low level tracks and trails. You must register with the Scottish Mountain Bike Leader Association before attending this course. You are responsible for registering yourself and for the registration fee. Candidates must be over 18 years old and have log book evidence of at least 20 mountain bike rides of 1.5hr duration in appropriate terrain and in a variety of weather and riding conditions.

## UKCC Level 1 Teaching Aquatics

Cost £300

Requires registration by Thurs 20<sup>th</sup> January 2011.  
Course is held over two weekends 4/5/6 Feb and 4/5/6 March

The Level 1 Certificate for Teaching Aquatics is the first formally assessed qualification on the teaching qualifications pathway. Once qualified the holder is able to actively support a more senior qualified / licensed aquatic teacher at any level, in the delivery of a pre-prepared session. **Pre-requisites** Current membership of Scottish Swimming and be aged 16 or over. **Bursaries** are available for Level 1 courses with a maximum of £150 available. Candidates must apply directly to Scottish Swimming using the Bursary Application Form found on their website. Bursaries will be paid subject to satisfactory attendance of the course but are not dependent upon result.

**NOTE: Candidates wishing to attend both Teaching Aquatics and Coaching Swimming – Combined Cost £450.**

## UKCC Level 1 Coaching Swimming

Cost £300

Requires registration by Thurs 20<sup>th</sup> January 2011.  
Course is held over two weekends 4/5/6 Feb and 4/5/6 March

The Level 1 Certificate for Coaching Swimming sits as the first formally assessed qualification on the coaching qualifications pathway. Unit 1 is a common unit to all of the aquatic strands (Swimming Coaching, Diving, Synchronised Swimming and Water Polo) and has a focus on the "how to coach" skills with the technical emphasis on movement literacy (as defined by the Long Term Athlete Development framework for swimming). It is envisaged that this unit can be delivered to all Coaches who wish to work in the aquatic environment. Unit 2 Swimming Coaching has a focus on Swimming Coaching technical knowledge and practical skills that will allow the Coach to fulfil the following Role Descriptor.

**Pre-requisites** Current membership of Scottish Swimming and be aged 16 or over. **Bursaries** are available for Level 1 courses with a maximum of £150 available. Candidates must apply directly to Scottish Swimming using the Bursary Application Form found on their website. Bursaries will be paid subject to satisfactory attendance of the course but are not dependent upon result.

## Zumba Instructor Course

Cost: \$280 - \$320

Book Direct with ZUMBA UK

Friday 4<sup>th</sup> Feb 8.30am – 6pm

There are no pre-requisites to become a Zumba Instructor, although a fitness or dance background is always a plus! Anybody 18 years or older may attend a Zumba Training. Certain allowances are made for younger participants. Once you have taken the one-day Zumba Basic Instructor Training you are allowed to teach Zumba, use the "Zumba" name in your class title, and call yourself a Zumba Instructor. **Booking is through [www.zumba.com/us/workshops](http://www.zumba.com/us/workshops) and HURRY as places are very limited and will go very quickly.**

# Saturday 5<sup>th</sup> February 2011

Choose either a Full Day or Two Half Day Courses from **ONLY £35\***  
(includes all course fees, refreshments, delegates pack and CPD Certificate)

*\*Some courses will cost more – see individual description\**

## UKCC Level 1 Badminton

Cost: £130

2+1 Day Course

Sat 5<sup>th</sup>, Sun 6<sup>th</sup> and Sun 27<sup>th</sup> Feb

The qualification focuses on both the art and the science of coaching, introducing new coaches to the "How to" skills of coaching as well as helping them to break down and coach the technical and tactical elements of the game.

## Tennis Level 1 Course

Cost: £100

2+1 Day Course

Sat 5<sup>th</sup>, Sun 6<sup>th</sup> + assessment day Sunday 6<sup>th</sup> March

The three day Level 1 course is the starting point for people wanting to get started in tennis, it is aimed at people who are enthusiastic about tennis and want to assist in the delivery of programmes. Successful candidates will be able to; Organise tennis activity constructively and safely; Plan and deliver structured lessons; Have basic knowledge of technique and tactics and Have a full understanding of the structure of Mini Tennis. Assessment day will take place approx 4 weeks after the course, date to be confirmed. **NOTE: This course is heavily subsidised & candidates require to provide a plan to coach within Argyll and Bute once qualified.**

## UKCC Level 1 Coaching Triathlon

Cost: £150

2+1 Day Course

Sat 5<sup>th</sup>, Sun 6<sup>th</sup> and Sat 12<sup>th</sup> Feb

The UKCC endorsed Level 1 Certificate in Coaching Triathlon is the entry coaching award, aimed at individuals new to coaching and or the sport of Triathlon. The course is interactive and involves group discussion, presentations and most importantly, a large aspect of the course is made up of practical coaching experience throughout all three disciplines.

## Mountain Skills and Navigation

Cost: £80

2 Day Course

Sat 5<sup>th</sup> and Sun 6<sup>th</sup> Feb

This interactive and practical course will help you develop the skills you need to safely navigate and travel in the hills and mountains. Some of the skills you will learn include how to make safe route choices, how to navigate in poor weather as well as good weather and what equipment to take. It is an ideal course to prepare you for the Mountain Leader Award Scheme or Walking Group Leader. Candidates must be able to walk over rough and hilly off-path terrain. Minimum age 16.

## BCU 2 Star Award

Cost: £100

2 Day Course

Sat 5<sup>th</sup> and Sun 6<sup>th</sup> Feb

This is a canoe and kayak improvement award that helps people develop fundamental paddling skills on flat water. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding of how the paddle, boat and water interact. Candidates must be able to swim 25 metres wearing a buoyancy aid. Candidates must have previous experience of paddling an open canoe and a kayak and have undertaken at least two journeys of 2 hours or more. Minimum age 16.

## BCU 3 Star Award

Cost: £100

2 Day Course

Sat 5<sup>th</sup> and Sun 6<sup>th</sup> Feb

This course is designed to develop the skills, knowledge and understanding required to become an able sea kayaker. It will involve physical development of kayak handling skills and give an overview of tidal planning and awareness of incident management at sea. Candidates must be able to swim 25 metres wearing a buoyancy aid. Candidates should hold BCU 2\* kayak award or an equivalent level of experience. This is not a beginner's kayak award. Minimum age 16.

## Shinty Level 1 Coaching Certificate

Cost: £80

2 Day Course

Sat 10 – 7pm and Sun 10 – 5pm

The Level 1 course has been developed in relation to the United Kingdom Coaching Certificate (UKCC), The United Kingdom Coaching Framework and the principles of Coaching Scotland. The Camanachd Association are undertaking the accreditation process for this course with the assistance of sportscotland.

## SFA Level 1 Development Activities

Cost £35

1 Day Course

This course is designed to aid those coaches who are working with 12 to 18 year olds in football. The content emphasises skill development and fun in a variety of individual and group activities. Applicants must be aged 16 or over.

## SFA Mini Kickers

Cost: £35

1 Day Course

Mini Kickers Course is designed to assist anyone who works with 3 – 5 year olds and focuses on a range of activities that are both fun and developmental. The programme is intended to assist children develop positive self esteem and promote a healthy attitude to physical activity. Applicants must be aged 16 or over.

## ICC Introduction to Cricket

Cost: £35

1 Day Course

This is a course aimed at providing participants with a basic understanding of the game of cricket, a basic education in three important components of the game; fielding, bowling & batting and the skills and resources to conduct/assist a cricket coaching session with children in a safe and enjoyable environment.

## Swimming CPD - Introduction to Butterfly

Cost: £40 (all day) (am)

This course covers all areas of Butterfly using the BLABT principle as the organisational structure. It looks at all aspects of Butterfly for the beginner swimmer and gives examples of good teaching points for each technical area

## Swimming CPD - Effective Communication and Feedback

(pm)

This course aims to provide both swimming teachers and coaches with further skills and tools to communicate their message more fluently and effectively

**Elevating Athletics****Cost: £35 1 Day Course**

This course highlights safe and inclusive teaching methodology, which initially focuses on developing competency in the fundamental movement skills that underpin athleticism before examining how to apply these skills to running, jumping and throwing events. The additional programmes and resources available to support delivery, measurement and assessment are signposted, and the inclusion of all children and the first steps into competition are highlighted. Aimed at teachers and people developing athletics clubs in schools.

**Jog Leader Award****Cost: £35 1 Day Course**

The course is divided into theory and practical sessions, which will enable you with the knowledge and skill to lead groups of walkers and/or joggers. All successful participants will be given **FREE** membership and resources from Jogscotland following the course.

**Jog Leader Refresher****Cost: £35 1 Day Course**

A refresher course designed for all existing Argyll and Bute Jog Leaders, you will be given tips and new ideas for your groups. You will also participate in Team Building Exercises and meet Jog Leaders from other groups during the day.

**Getting Started in Netball (NEW!)****Cost: £35 1 Day Course**

This award will focus on the FUNdamentals of netball and skill acquisition through the game rather than the competitive game. The programme will be played through the 5-a-side format and be known as FUN 5z encouraging teachers and pupils to think about the Fun element of playing and rotating players round positions giving pupils an all-round experience of netball rather than boxing them into competitive positions.

**Introduction to Table Tennis****Cost: £50 1 Day Course**

This Course is aimed at grass roots coaches and is a 6 hour course followed by a written assessment. Those who pass will receive an award certificate. Persons having successfully completed the course may gain an Accreditation of Prior Learning (APL) that could be taken into account should they wish to venture on to the UKCC Level 1 course.

**Golftreme Activator Workshop****Cost: £35 1 Day Course**

Golftreme is an exciting new golf game for secondary schools combining elements of the traditional sport with interesting targets, fun scoring systems and team games that can be played outdoors or in a sports hall. Candidates will get the chance to try out the new resource, experience delivery, understand how golf can be delivered in the curriculum or after school clubs and discuss school/club links. Ideal for senior pupils, teachers, golf volunteers from clubs.

**Basic First Aid****Cost: £35 1 Day Course**

A course focusing on life-saving skills and will provide an opportunity to learn the first aid response to most common accidents and situations.

**UK Disability Inclusion Training****Cost: £35 1 Day Course**

This is an excellent introductory workshop into disability and sport in Scotland. It provides an opportunity to recognise the influence perceptions and experience have on interactions and our expectations of others. Identify appropriate disability-specific terminology, etiquette and communication. Articulate the principles of the DDA/ DDO and know who to contact for further information. Outline the barriers which may need to be challenged in order to create opportunity. Identify the participation opportunities within disability sport. Recognise how to influence (even change) practices and facilitate inclusion.

**Safeguarding Children in Sport****Cost: £22 Half Day Course am**

By the end of this workshop coaches should be able to: Identify coaching practice and sport situations that might constitute poor practice and/or abuse; Recognise key principles of code of conduct and their application to good coaching practice; Review practice that reduces the likelihood of wrongful allegations and of abuse occurring. Sports Coach UK Course.

**Do both Child Protection Courses for £35****In Safe Hands****Cost: £22 Half Day Course pm**

This 3 hour workshop supports clubs to put child protection policies in to practice. It is most suitable for those acting as the club child protection officer but is also relevant for those responsible for managing or organising the club.

**Coaching Children and Young People****Cost: £22 Half Day Course am**

Aimed at anyone working with children in sport, this workshop presents basic principles of good practice and introduces the concept of long-term athlete development.

**Fuelling Performers****Cost: £22 Half Day Course am**

By the end of this workshop coaches should be able to: Describe how an athlete's diet can affect performance; Identify appropriate food and fluid intake prior to, during and after training or competition; Be aware of issues relating to travelling, eating disorders and weight.

**Swimming Timekeepers Course****Cost: £22 Half Day Course pm**

The first step on the ladder of officiating is to become a Timekeeper. Course consists of a lecture followed by practical experience/assessment of timekeeping on the poolside.

**Circus Skills****Cost: £22 Half Day Course pm**

Improve your balance and co-ordination skills by attending this half day course – and have some fun as well!

# Sunday 6<sup>th</sup> February 2011

Choose either a Full Day or Two Half Day Courses from ONLY £35\*  
(includes all course fees, refreshments, delegates pack and CPD Certificate)

*\*Some courses will cost more – see individual description\**

## SFA Early Touches

Cost: £35

1 Day Course

A 6-hour course open to all interested parties, experienced or otherwise, who work with children of primary school age. It comprises a practical session, together with 2 short video presentations, Working with Young Footballers and Basic First Aid. Applicants must be aged 16 or over.

## SFA Goalkeeping

Cost: £35

1 Day Course

This course is aimed at Coaches who are working on Goalkeeping with all ages and levels to assist the coach to further develop their knowledge of handling, shape, mobility, positioning, catching and distribution. Applicants must be aged 16 or over.

## Shinty Foundation Course

Cost: £35

1 Day Course

The focus is on the skills, concepts and rules required for three "easy to play - easy to coach" games: First Shinty – 6-a-side and 9 a-side. The course will provide you with information, advice, and encouragement to help young players participate and learn in a safe, stimulating, and fun environment. The course includes some activity as a 'player'; however there is no need to participate in these practical examples.

## Basketball – Getting Started

Cost: £35

1 Day Course

The Getting Started Award focuses on coaching beginners and young players, with a view to introducing them to basketball. The course lasts 6 hours. During each course candidates will be continually assessed and given feedback on their knowledge of introducing individual skills. Candidates receive a Getting Started Manual and certificate following the successful completion of the award.

## SRU Mini Rugby Ready

Cost: £22

Half Day Course

3 hours duration

To identify and develop an understanding of the key practices, methods and principles involved in coaching and refereeing Mini Rugby (up to Primary 7 age). To identify key areas of safe practice in the game and develop an understanding of injury management and prevention.

**Do both Rugby Courses for £35**

## SRU Adult/Youth Rugby Ready

Cost: £22

Half Day Course

2 hours duration

To identify and develop an understanding of the key practices, methods and principles of safe practice and how they may be applied in playing, coaching, refereeing and any other aspect of administration or supervision of the game.

## Swimming CPD - Introduction to Breaststroke

Cost: £40 (all day)

(am)

The course covers all areas of Breaststroke using the 'BLABT' principle as the organisational structure. It looks at all aspects of Breaststroke for the beginner swimmer and gives examples of good teaching points for each technical area.

## Swimming CPD - Flip n' Fun

(pm)

This course will enable swimming teachers (Level 2) to take a Flip n Fun Festival for Diving. It will provide you with the technical knowledge to deliver fundamental diving skills from the poolside in a safe and fun manner. You will learn basic diving positions, dry land practices and key teaching points when taking a session.

## Basic First Aid

Cost: £35

1 Day Course

A course focusing on life-saving skills and will provide an opportunity to learn the first aid response to most common accidents and situations.

## UK Disability Inclusion Training

Cost: £35

1 Day Course

This is an excellent introductory workshop into disability and sport in Scotland. It provides an opportunity to recognise the influence perceptions and experience have on interactions and our expectations of others. Identify appropriate disability-specific terminology, etiquette and communication. Articulate the principles of the DDA/ DDO and know who to contact for further information. Outline the barriers which may need to be challenged in order to create opportunity. Identify the participation opportunities within disability sport. Recognise how to influence (even change) practices and facilitate inclusion.

## Practical Core Stability

Cost: £35

Day Course

The workshop will give you invaluable personal awareness of the benefits of core stability – no matter your sport. Using Swiss Exercise balls you will go home with resources and a free ball to develop your coaching or personal skills.

## Swimming – Mini Polo

Cost: £22

Half Day Course

This Mini Polo seminar will enable participants to deliver a mini-polo program including teaching Fundamentals of water polo, leading a game and designing a simple program of activities emphasising teamwork, keeping fit and most important – having fun!

## A Guide to Mentoring Sports Coaches

Cost: £22

Half Day Course

This workshop is aimed at coaches or individuals that support the development of another coach. It looks at what the role of a mentor is and how to develop the skills required that best suits the needs of their sport and level of coaching required.

**Do both Courses for £35**

## Analysing your Coaching

Cost: £22

Half Day Course

This workshop is aimed at coaches who are looking to develop and understand the principles of analysing their own coaching practice. It will allow them to evaluate their own performance as a coach and to devise and implement an action plan to allow them to develop their own coaching practices.

## FRIDAY 4<sup>th</sup> FEBRUARY 2011

CHOOSE ONE OPTION FROM LIST	Tick Box	CANDIDATES REQUIRE TO HAVE;
Trail Cycle Leader (2.5 days) £180		Off road experience and SMBLA registered
UKCC Level 1 Teaching Aquatics £300		Requires registration by Thurs 20 <sup>th</sup> January 2011. Course is held over two weekends 4/5/6 Feb and 4/5/6 March Commences 5pm
UKCC Level 1 Coaching Swimming £300		Requires registration by Thurs 20 <sup>th</sup> January 2011. Course is held over two weekends 4/5/6 Feb and 4/5/6 March Commences 5pm

## SATURDAY 5<sup>th</sup> FEBRUARY 2011

UKCC Level 1 Badminton (2 Days + 1) £130		16 years of age. Some previous playing experience and participate in short rally.
Tennis Level One Course (2 Days +1) £100		16 years of age, Enhanced Disclosure through Tennis Scotland.
UKCC Level 1 Coaching Triathlon (2 Days +1) £150		16 years of age.
Mountain Skills and Navigation (2 Days) £80		Candidates must be able to walk over rough and hilly off-path terrain. Minimum age 16.
BCU 2 Star Award (2 Days) £100		Previous experience required. Able to swim 25m plus at least 2 x 2 hour journeys
BCU 3 Star Award (2 Days) £100		Previous experience required. Able to swim 25m plus hold BCU 2 Star Award.
Shinty Level One Course (2 Days) £80		16 years of age –Foundation Certificate, previous Level 1 course prior to 2008 and unqualified players/coaches with appropriate experience.
SFA Level 1 Development Activities £35		16 years of age.
SFA Mini Kickers £35		16 years of age, no previous experience.
ICC Introduction to Cricket £35		16 years of age.
Swimming CPD – 1. Introduction to Butterfly £40 2. Communication and Feedback		ASA Level 1 Teachers/ UKCC Level 1 Teaching Aquatics or equivalent
Elevating Athletics £35		16 years of age.
Jog Leader Award £35		Jogging Experience.
Jog Leader Refresher £35		Current Jog Leader Certificate.
Getting Started in Netball (NEW) £35		16 years of age, no previous experience.
Introduction to Table Tennis £35		16 years of age, no previous experience.
Golfxtreme Activator Workshop £35		16 years of age.
Basic First Aid £35		16 years of age.
UK Disability Inclusion Training £35		16 years of age.
Safeguarding Children in Sport (Half Day am) £22		16 years of age.
In Safe Hands (Half Day pm) £22		16 years of age.
Coaching Children & Young People (Half Day am) £22		16 years of age.
Fuelling Performers (Half Day am) £22		16 years of age.
Swimming Timekeepers Course (Half Day pm) £22		16 years of age.
Circus Skills (Half Day pm) £22		16 years of age.

## SUNDAY 6<sup>th</sup> FEBRUARY 2011

SFA Early Touches £35		16 years of age, no previous experience.
SFA Goalkeeping £35		16 years of age, no previous experience.
Shinty Foundation Course £35		16 years of age.
Basketball – Getting Started £35		16 years of age, no previous experience.
SRU Mini Rugby Ready (half day am) £22		16 years of age. Completed the IRB Rugby Ready online Course.
SRU Adult/Youth Rugby Ready (half day pm) £22		16 years of age. Completed the IRB Rugby Ready online Course.
Swimming CPD – Intro to Breaststroke & Flip n' Fun £40		ASA Level 1 Teachers/ UKCC Level 1 Teaching Aquatics or equivalent
Basic First Aid £35		16 years of age.
UK Disability Inclusion Training £35		16 years of age.
Practical Core Stability £35		16 years of age.
A Guide to Mentoring Sports Coaches (half day am) £22		16 years of age.
Analysing your Coaching (Half Day pm) £22		16 years of age.

# Argyll and Bute Council, Sport and Leisure Services

## Sports Coaching Argyll and Bute 2011

### CANDIDATE DETAILS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

E-mail: \_\_\_\_\_

Tel No: \_\_\_\_\_

Mobile No: \_\_\_\_\_

How did you hear about this event? \_\_\_\_\_

\_\_\_\_\_

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_

***Please attach booking form to this sheet.  
Cheques should be made payable to Argyll and Bute Council***

Would you like your details kept on a Coaches Database that would provide you with information about future courses and coaching opportunities? Yes \_\_\_ No \_\_\_  
( We guarantee not to sell, distribute or circulate your details to any other organisation without your permission.)

### **FREE TRANSPORT**

We are offering **FREE** minibus transport from Dunoon, Campbeltown, Rothesay, Helensburgh and all places on route to Oban. Places will be allocated on a **FIRST COME** basis (confirmed bookings). Pick up can be arranged for either Saturday, Sunday or both.

I would like transport From: \_\_\_\_\_ on Saturday / Sunday (please CIRCLE day).

Please return along with your payment to:  
Sports Coaching, WHHA Building 1<sup>st</sup> Floor, Crannog Lane, OBAN PA34 4HB  
Tel; 01631 572189