



Example 1 of Leaflet

Bedrock and History




Explore 280 million years of history. Walk the cliffs made from ancient dunes and river deposits in the Permian and Triassic geological eras. Follow the tracks made by the first land reptiles and possibly the earliest dinosaurs.



This rocky coast was once an island and was one of the heartlands of the Pictish people.

The Laich of Moray project links our rich history to the changing geography of the area. See evidence of Vikings, Macbeth, battles, mediaeval palaces, the Highland Clearances and new fishing communities, and the second World War.



The Laich Coast lies in the heart of the Moray Firth microclimate, famous for dry and sunny weather. This is an excellent location to view the aurora borealis with dark sky to the north.



How to get to the Laich Coast



Places to stay and places to eat



Visit the Moray Speyside Tourism website www.morayspeyside.com for information on Where to Stay, What to See and Do and What's On in Moray Speyside.



Laich Coast Tourism Group, <http://moraycoast.org/> and on Facebook. Visit our website for schedule of events.



HOPEMAN BEACH HUTS

Photographs courtesy of Kim Grant and Joan Megson.
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Moray Coast logo by Mini Moderns Design London ~ minimoderns.com
Design by johngaynor@talktalk.net ~ Tel: 07702114984



Visit the Laich Coast of Moray



Visit one of the top twenty coastlines in the world and explore the scenery that makes it so special. There are wild and empty beaches, smaller child-friendly beaches, cliffs and forests. Watch dolphins and rare birds from the shore. Explore the coast's uniquely welcoming communities, rich in history and heritage.




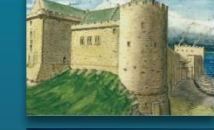




Walk, cycle, drive, or take a boat between Findhorn, Burghead, Hopeman and Lossiemouth. Try surfing or rock climbing, play golf by the sea and visit a Pictish fort. Visit local whisky distilleries and try wonderful local food and drink. We are a year round destination with year round events and festivals.






Visitor Attractions



- Findhorn Heritage Centre and Icehouse.** The fascinating story of Findhorn is told in the Heritage Centre from prehistoric times to the present. www.findhorn-heritage.co.uk
- The Findhorn Foundation** is a world famous Eco village and spiritual centre. www.findhorn.org
- North58° Sea Adventures** offer wild and scenic tours of the Moray Firth coastline by boat. www.north58.co.uk
- The Moray Art Centre has year-round exhibitions and events in an ecologically built centre. www.morayartcentre.org
- Morayvia**, in Kinloss, a community-led science and technology visitor centre project including interactive aviation and astronomy exhibits. www.morayvia.org.uk
- Kinloss Abbey**, now in ruins, was once one of the finest and wealthiest of all of Scotland's abbeys. www.morayconnections.com/kinloss-abbey/
- Burghead Visitor Centre** is on the top of the headland, on the Pictish fort. There are great views and exhibits on history. www.burghead.com
- Covesea Lighthouse** is now a community owned visitor attraction. In summer 2015 it will include a RNAS and RAF interpretation centre. covesealighthouse.co.uk
- Spynie Palace** was for five centuries the seat of the Bishops of Moray on the shores of Loch Spynie. This was once a sea loch and a safe anchorage. <http://tinyurl.com/SpyniePalace>
- Duffus Castle** is one of the finest examples of a motte and bailey castle in Scotland, and an ancient stronghold on the shores of Loch Spynie – now farmland. <http://tinyurl.com/DuffusCastle>
- Lossiemouth Fisheries and Community Museum** is on the harbourside. The exhibits include fishing history and Ramsay MacDonald, who was born in Lossiemouth. www.lossiemuseum.co.uk
- The Moray Coastal Trail links the communities of Findhorn, Burghead, Hopeman and Lossiemouth. All have fascinating and distinct histories. The walk from Findhorn to Burghead is along a seven mile beach or on footpaths through the forest. You may see red squirrels and crested tits.
- The largest Pictish fort in Britain is at Burghead, and this coast was a place of Pictish wealth and power.
- The path from Burghead to Hopeman is along an old railway line and perfect for cycling and for families with young children. Hopeman has glorious child-friendly beaches, beach huts, golf and an ice cream parlour.
- The Coastal Path between Hopeman and Covesea follows cliff tops. There are caves and stacks at the foot of the cliffs.
- Lossiemouth is known as the Jewel of Moray. There are two stunning beaches plus hotels, cafes, and a harbour.

Coast and Communities

Example 2 of Leaflet

Suggested agenda

A day in Southwell can be as flexible as you like. Whether visiting by yourself or with a group, we can help you plan your day.

Using our experience, we know that you could have a great day out with this simple agenda.

10.00am

Arrival in Southwell, group leaders and individuals receive a warm welcome at the Tourist Information centre on Church street.

10.15am

Introduction to Southwell and watch the Minster film, preparing you for your visit to the beautiful Southwell Minster.

11.00am

Self guided tour of Southwell Minster.

12.00pm

Take lunch at one of the many cafés, restaurants or inns followed by a little post dinner shopping on our high street packed with gift shops, boutiques and galleries.

1.30pm

Take an audio tour of The Workhouse and learn how society has managed the plight of the poor from Victorian Times

4.00pm

Depart, but see you soon.



Town Centre

Southwell Tourist Information Centre

The Information Centre assistants will be happy to give you further details on parking, refreshments as well as all the other things you can plan into your day in Southwell.

Address

The Minster Centre • Church Street • Southwell
NG25 0HD

Telephone

01636 819038

Email

southwelltourism@btconnect.com

Website

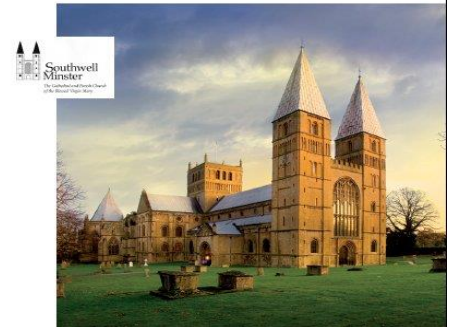
www.southwellevents.com



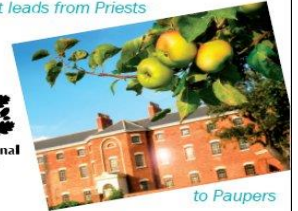
We are open:
Monday - Friday 10am - 4.30pm
Saturday 10am - 4.00pm

Coach parties may be set down and picked up on Church Street. Parking for coaches is on the outskirts of town

A day in Southwell

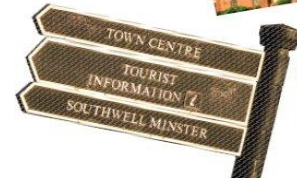


Follow the path that leads from Priests



NEWARK & SHERWOOD DISTRICT COUNCIL

Southwell Tourism



Southwell Minster

The Mother Church of Nottinghamshire



Southwell Minster is a superb Cathedral and Minster Church with a Norman Nave, which is one of the finest in Europe.

Other features include the magnificent Angel window and the world renowned stone carvings, the 'Leaves of Southwell' in the Chapter House.



For children there is the popular search for the twelve wooden mice carved by 'Mouser' Thompson'. An audio guide tour is available.

The Visitor's Centre incorporates the Minster Shop, refectory and audio visual centre.

Southwell Minster 01636 812649
Email office@southwellminster.org.uk
Website www.southwellminster.org.uk

Tours of the Minster
Audio Tour £ 5.00
Guided tours available (fee), booking is essential.
Please contact the Minster Office for details.

Open Daily
Winter 8am - dusk Summer 8am - 7pm
Admission is free but donations are welcome.



See the town

Southwell is a delightful market town which has much to offer the visitor. Browse our unique shops, then relax in one of the many cafés, restaurants or inns. The town is the home of the Bramley Apple and has historical links with Charles I and Lord Byron.



There are many delightful walking trails and open parks. Details are available from the Tourist Information Centre and online at www.southwellevents.com

Visit the website to see a list of upcoming events and festivals in Southwell. Plan your visit to coincide with one of the many music, theatre, dance and poetry events.

We hope you enjoy your day in Southwell.



The Workhouse

Discover the thought provoking story of The Workhouse, as you enter the most complete example of its kind in existence

Follow the path trodden by hundreds of paupers and imagine what life was like for them during the 19th century

Meet Reverend Becher, founder of The Workhouse in the introductory film.

Explore the recreated vegetable garden to see the type of food that would have been eaten by the inmates and staff.

Decide for yourself whether this was a place of despair, or a beacon of hope for those in need.

Personalised guide tours for groups can be arranged on 'Group Mondays'



Opening times

Wednesdays to Sundays,
and Bank Holiday Mondays
from

March to October

Parking available on site
Admission fee applies

Entry is free to NT Members

Group bookings taken by prior arrangement.
Contact the The Workhouse for details
01636 817260

Email theworkhouse@nationaltrust.org.uk
www.nationaltrust.org.uk/theworkhouse

Leaflet Sample 3

It's not just their parents that may be suffering



Poor breeding practices lead to a high level of hereditary diseases such as hip dysplasia, epilepsy, diabetes, heart, brain and liver disorders, to name but a few.

Puppies may develop behavioural and psychological problems such as aggression and fearfulness, because they are not properly socialised.

The lack of proper hygiene control also means infectious diseases spread rapidly.



When you see a puppy for sale in a pet shop, or an internet or newspaper ad, its Mum and Dad may well be living in conditions like these.



Locked inside for 24 hours a day, often in complete darkness, with no purpose in life other than to produce litter after litter of puppies purely for profit.

This is the existence of thousands of dogs imprisoned on puppy farms.

And when their breeding days are over, they will be discarded or killed.

The puppy farm scandal

Puppy farmers are large scale commercial breeders whose sole interest in dogs is as a cash crop, sold to dealers and pet shops.

The largest of them will have well over 100 dogs of many different breeds.

Most in the UK are licensed by their local authorities and strictly speaking operate within the limited requirements of the current law.

However, not all local authorities monitor breeders properly and fail to enforce license conditions and the basic standards set out in the Animal Welfare Act 2006.

That's the problem. The current laws covering dog breeding are inadequate and enforcement is inconsistent.

What you can do

- Help us to spread the word about puppy farms. Visit our website for more information, video footage and materials you can use locally, including posters and leaflets.

www.puppylovecampaigns.org

- Ask your local council for details of licensed dog breeders and pet shops licensed to sell puppies and pass the information to us to help our research.
- Write to your MP and urge them to press for stricter rules to outlaw puppy farms and the sale of dogs by pet shops and dealers.



We have a choice they don't

Join us

Puppy Love is dedicated to ending the cruel practice of puppy farming.

We've been running since 2007 and our activities include carrying out investigations, providing video footage to the media and other animal protection organisations, lobbying national and regional authorities, and raising awareness through our website, running stalls and organising peaceful demonstrations.

Puppy Love is run by volunteers. We welcome people who share our aims and want to get involved. Supporters are needed across the UK to spread the word by distributing leaflets and posters locally.

We would also like to hear from anyone willing to act as regional co-ordinators, helping to organise research, investigations and events in their own part of the country.

Visit our website for more information or contact us through the email address below.



Puppy Love
CAMPAIGNS

www.puppylovecampaigns.org

Email: admin@puppylovecampaigns.org

Finding a new friend

If you, or someone you know, are thinking about looking for a new pet, first remember that sharing your life with a dog is a serious commitment. Consider whether you have the time and money to care for them properly for the rest of their lives, which could be 15 years.

Give a rescue dog a home

Rescue dogs make wonderful companions and desperately need our help since thousands are abandoned each year, often through no fault of their own.

When you adopt from a rescue centre, you are literally giving a dog a second chance at life. If you have a particular breed in mind, contact the breed club rescue centre.



A responsible breeder

If you can't find a suitable rescue dog, consider buying from a responsible breeder, which means; puppies are raised in a home environment, you can meet the mother with her puppies, they are not sold younger than 8 weeks and health tests have been carried out to minimise the chances of genetic diseases.

A good breeder will also offer long term support and agree to take the pup back if things don't work out.

Never buy from a pet shop, or someone who wants to bring a puppy to a car park or your home.

These sweet faces



may hide an ugly secret