

# Dunbeath & District Centre

## “Jigsaw Project” Health & Wellbeing Hub



**Dunbeath & District Centre**  
7 Neil Gunn Road, Dunbeath  
Caithness, KW6 6EP  
Tel: 01593 731335  
Email: [info@dunbeathanddistrictcentre.org](mailto:info@dunbeathanddistrictcentre.org)

*Registered Charity: SC019367  
Company Limited by Guarantee: SC137444*

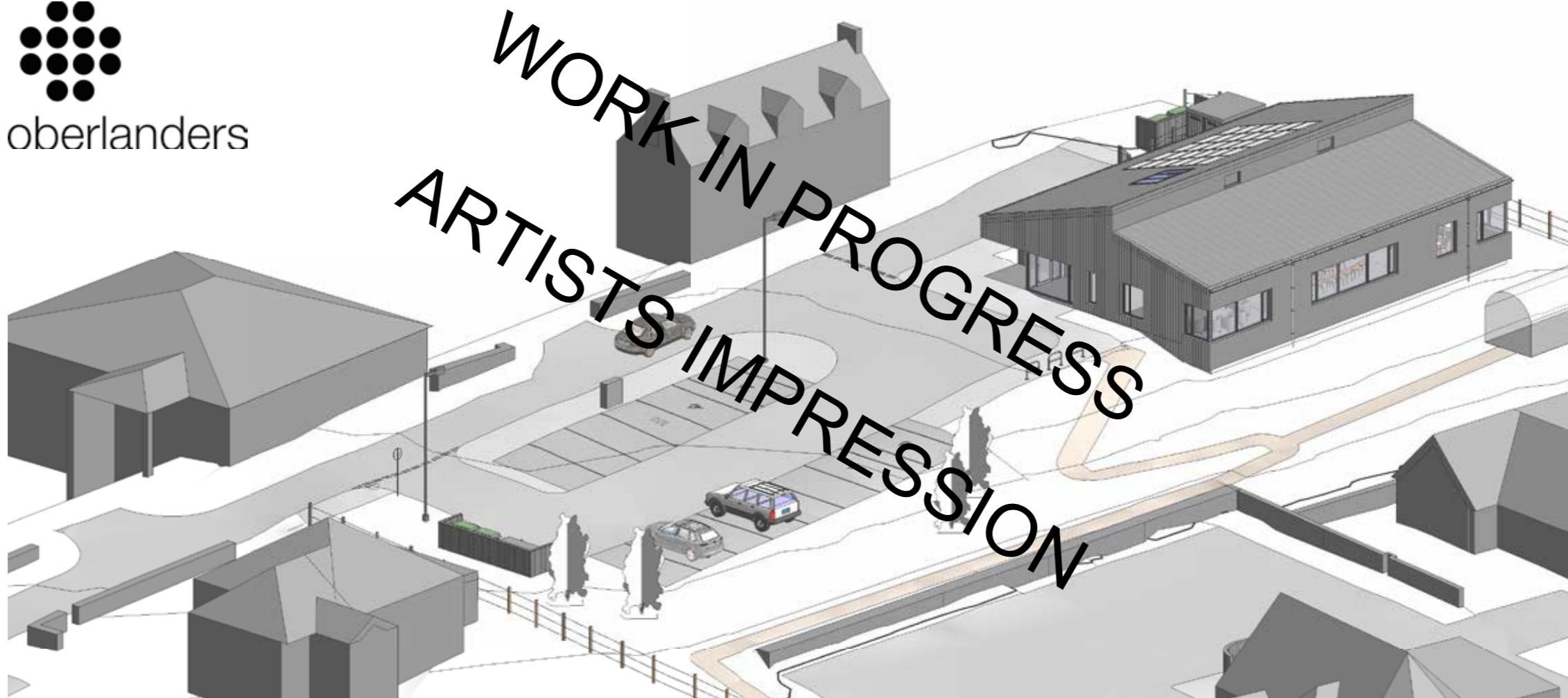
Oberlanders Architects LLP

# Stage 2- Work In Progress Dunbeath Well-being Hub

May 2022 - RevA



oberlanders





# Introduction

## Project Team

### Client: Dunbeath & District Centre

Contact: Margaret Sutherland & Daniel Mclead  
7 Neil Gunn Road,  
Dunbeath KW6 6EP  
01593 731335

### Architect & PD: Oberlanders Architects LLP

Contact: Catriona Hill, Catriona Kinghorn  
The Barn, Drovers Square, Ardgay  
Sutherland, IV24 3AL  
Tel: 01863 728 881

### Quantity Surveyor: WSD Scotland

Contact: Gary Wilson, David Mcleod  
Duncan House, Wester Inshes Pl,  
Inverness IV2 5HZ  
Tel: 01463 717345

### Structural Engineer: Fairhurst

Contact: Andrew Fleming, Bethany Clark  
Etive House, Beechwood Business Park,  
Inverness IV2 3BW  
Tel: 01463 724544

### Building Services Engineer: Rybka

Contact: Martin Bell  
Moray House, Ballifeary Rd,  
Inverness IV3 5PJ  
Tel: 01463 725440

## Additional Consultants

### Topographic Survey: Caintech

Contact: Gordon Noble  
36B Longman Dr,  
Inverness IV1 1SU

## Introduction

Dunbeath and District Centre have appointed Oberlanders Architects Ltd, along with the wider project team, to help develop their plans to build a bigger and more inclusive Wellbeing Centre to deliver the valuable work which is currently serving the community from the existing premises at 7 Neil Gunn Road. The project has been called the Jigsaw Project.

## Organisation History

Dunbeath and District Centre have been delivering valuable community services, from their existing premises, since 1992. The existing facility offers a day care setting and focal point for the local community.

## Existing Facility

The existing facility is located at 7 Neil Gun road and was commissioned by the local community. The premises and land are owned by the Trustees on behalf of the community and are operated by a centre manager supported by 3 part-time members of staff a team of 37 volunteers.

The Centre provides in-house day care activities and outreach services. During the recent pandemic the outreach service increased considerably with the centre providing and delivering over 50 meals a day to local residents.

The limited size of the kitchen and support spaces within the existing building mean that the organisation is working to maximum effect but are not able to increase its reach or accommodate other groups which they are keen to do in order to offer a fully inclusive service.

## Community Asset Transfer

Impact Hub were commissioned in September 2021 to undertake a Business Plan which forms part of the Asset Transfer request, for the site at Achorn Road, and is available to view on Highland Council's website. The asset transfer of the adjacent plot of land will enable the organisation to build a larger facility which can deliver a wider and more inclusive service to the community.

## Vision for the new Wellbeing Hub

The vision for the Jigsaw Wellbeing Hub is that it will be able to reach out to the wider community offering space for more activities and services. The provision of smaller consultation spaces will enable external service providers, such as hairdressers and podiatrists and physiotherapists to bring their service to the community and will also offer a venue for the Near-me service run by NHS Highland.

## Site Address

Dunbeath & District Centre  
Achorn Road  
Dunbeath KW6 6EZ

- Appendix 1: Architectural Drawings
- Appendix 2: Building Structure
- Appendix 3: Building Services
- Appendix 4: Development History

## Progress Summary

The design team were appointed on the 11th March 2022 to develop the design up to and including the RIBA Stage 3 which includes submission of a planning application.

- Stage 1 – Brief Development – Completed w/c 4th April
- Stage 2 – Concept Design – Completion Friday 27th May
- Stage 3 – Planning Sub - Completion due w/c 20th June



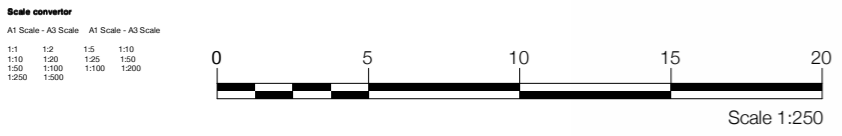
Augusta and Amber



- Key
1. A9
  2. Existing Centre
  3. Trust Housing
  4. Highland Council Car Park
  5. Private House
  6. Medical Centre
  7. Electricity pole
  8. Existing turning place (to be modified)
  9. New Building
  10. Sharing Shack
  11. Bins store
  12. Cycle stands
  13. Drop off
  14. Polytunnel
  15. Planting
  16. Bollard
  17. Lighting column
  18. No entry sign
  19. Emergency generator

- Site Boundary
- Land ownership
- Tarmac
- Eco pave
- Paving slabs
- Resin bound gravel
- Compacted gravel
- Planting
- Meadow mix grass

1 Landscape Plan  
1 : 250



Rev.	Date	Amendment

Project Name  
Dunbeath Wellbeing Centre  
7 Neil Gunn Road  
Dunbeath, KW6 6EP

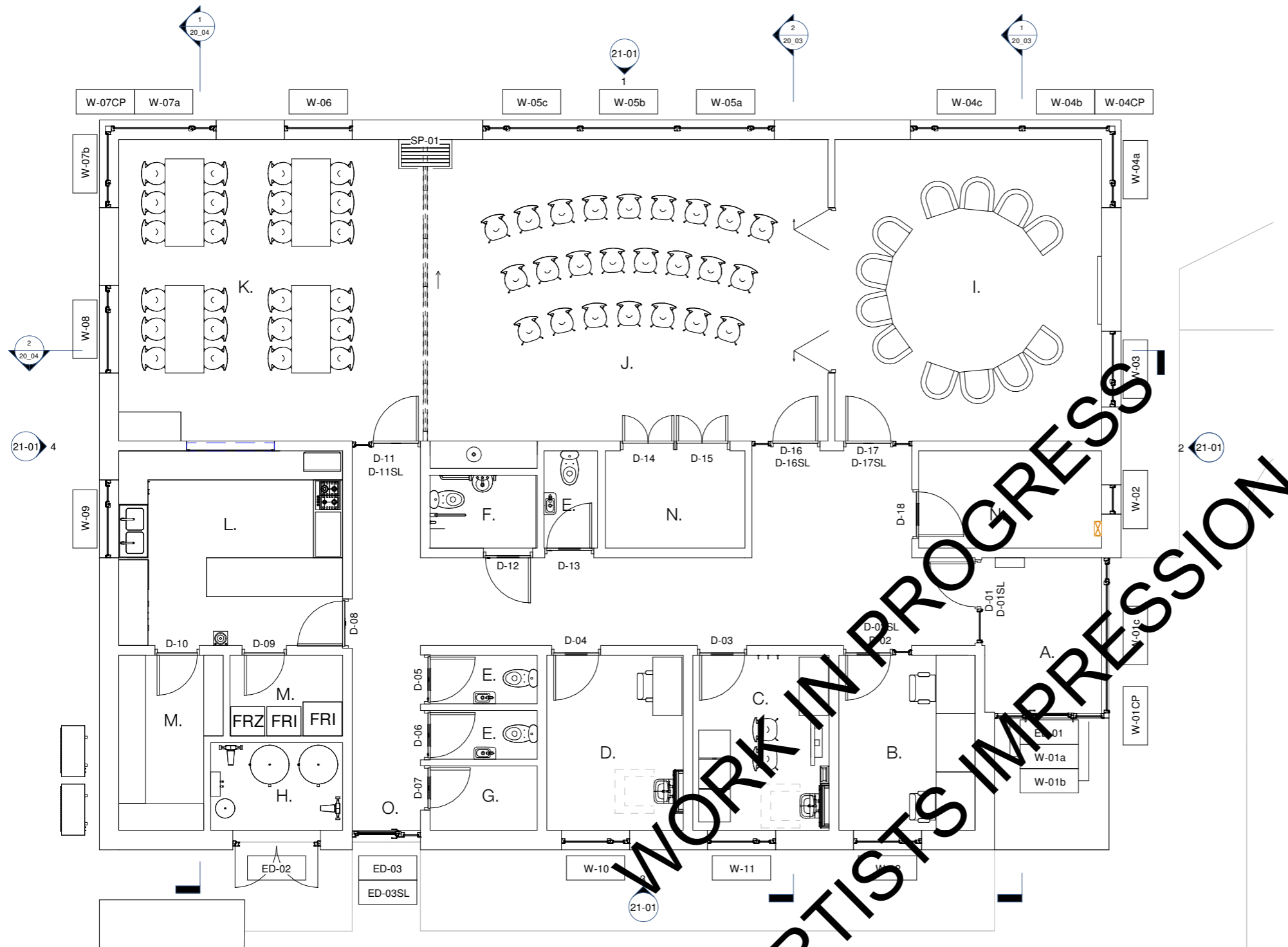
Status  
**PRELIMINARY**

Drawing no. 2717-OBE-XX-XX-D-A-90-01

Drawn By: KM  
Project: Building  
Drawn date: May 2022  
Scale: A3  
1 : 250

Oberlanders Architects LLP  
16 Melville Street - Edinburgh - EH3 7NS  
0131 225 9070  
E: mail@oberlanders.co.uk  
www.oberlanders.co.uk





2 Floor Finishes  
1 : 200

1 Floor Plan  
1 : 100

Sanitary Provision			
Designation	Number of people	WC	WHB
Public	60		
Staff	8		
<b>Total</b>	<b>68</b>	<b>4</b>	<b>4</b>

Sanitary provision is calculated on the basis of a building used for assembly, with all WC's being unisex.

Occupancy Capacity				
Name	Area	Occupancy load factor (fire)	Calculated occupancy (fire)	Actual Maximum Occupancy
Office	10 m <sup>2</sup>	6	2	2
Near Me Room	10 m <sup>2</sup>	6	2	2
Consultation	10 m <sup>2</sup>	6	2	1
Lounge	34 m <sup>2</sup>	1	34	12
Activity	51 m <sup>2</sup>	1	51	24
Dining Room	39 m <sup>2</sup>	1	39	24
Kitchen	18 m <sup>2</sup>	7	3	3

number of desk places  
number of seats  
number of seats  
number of seats

Occupancy capacity is calculated on the basis of useable area for the purposes of fire escape principles, and on the proposed actual usage for the purposes of sanitary provision. Areas such as plant room, sanitary and cupboards are not included as per clause 2.9.2



Scale converter

A1 Scale - A3 Scale	A1 Scale - A3 Scale
1:1	1:5
1:10	1:25
1:50	1:100
1:250	1:500

Rev. Date Amendment

Project Name  
Dunbeath Wellbeing Centre  
7 Neil Gunn Road  
Dunbeath, KW6 6EP

Status  
**PRELIMINARY**

Drawing no. 2717-OBE-XX-00-D-A-20\_01

Drawn By: KM  
Project: Building  
Drawn date: Apr 2022  
Scale(s): A3  
AS indicated

Project: Oberlanders Architects LLP  
16 Melville Street - Edinburgh - EH3 7NS  
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# Material Palette - Interior Sample Board

## Internal Flooring

Flooring specification needs to be based on number of factors including cost, durability, slip resistance, dementia suitability and LV contrast rating. In summary the LV rating of two adjacent materials should not be greater than 10. The products selected here are all considered dementia friendly for the appropriate areas.



**Lounge & Office**  
 Carpet Planks  
 Tarkett Air Master Sphere  
 Beige 9096



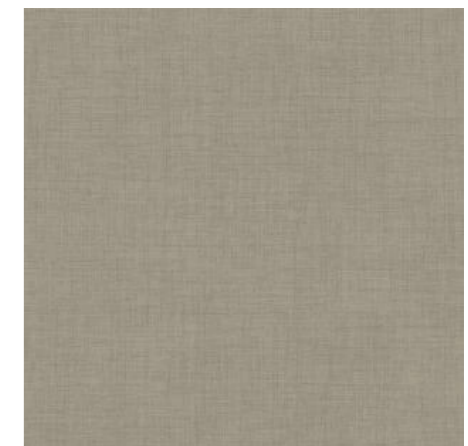
**Entrance Lobby**  
 Entrance matting  
 Forbo Coral Classic  
 Raven Black



**Dining, Activity & Circulation**  
 Vinyl  
 Tarkett Safetred Wood  
 Trend Oak Steel Grey LRV 21.7



**Kitchen**  
 Vinyl  
 Tarkett Safetred Universal Plus R11  
 Comet LRV 32,9



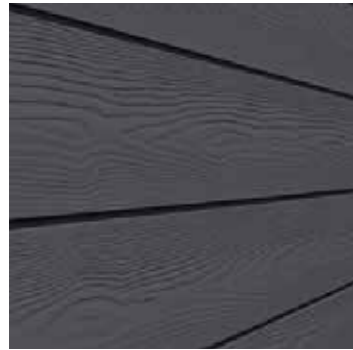
**Consultation rooms**  
 Vinyl  
 Tarkett Safetred Ion Linen  
 Steel LRV 28.6

**Toilets**  
 Vinyl  
 Tarkett Safetred Natural  
 Rock Dark Blue

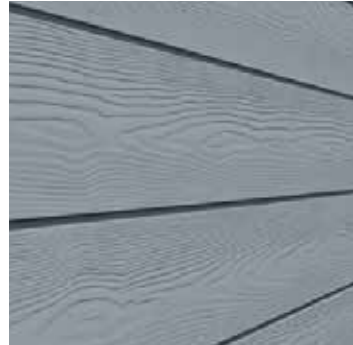
Material Palette - Exterior Sample Board

**Material Options**

The external treatment for the Wellbeing centre needs to be durable, low maintenance and complementary to its setting. Overleaf various materials and compositions have been considered during this Stage.



Slate Grey C18



Violet Blue C62

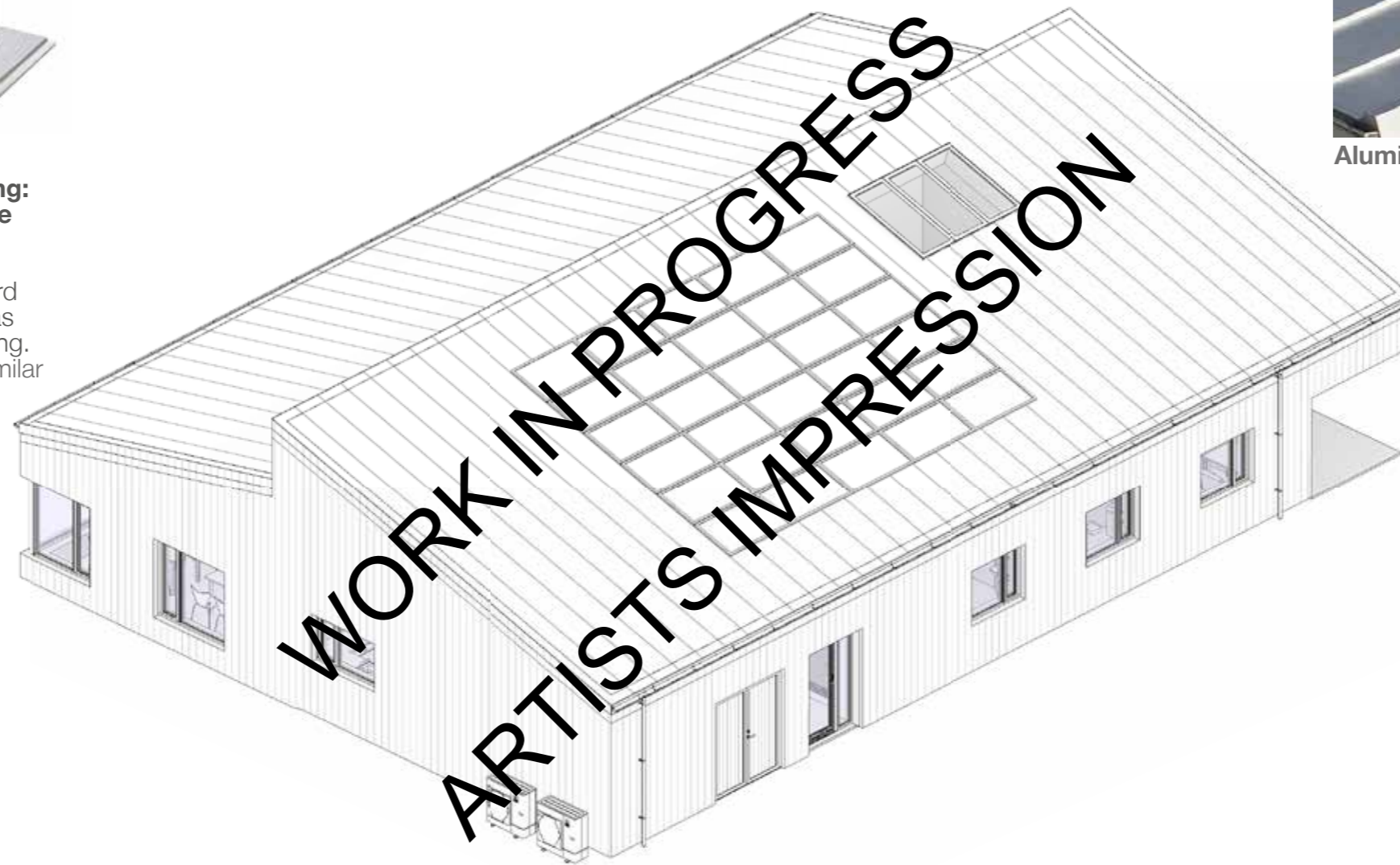


Burnt Red C61



**External cladding:  
Cement Fibre Board**

Tongue & groove cement fibre board cladding affixed as rainscreen cladding. Cedral click or similar



**Standing Seam Roof Sheeting**

Standing seam, polyester coated aluminium. Pagurek or similar



Aluminium standing seam roof in anthracite grey



Anthracite metallic 044



K-Rend (feature option)



Larch timber cladding



Meadow grass landscaping with focused planting



**External View** - Cladding Study Option A : Larch Timber Horizontal and Vertical



Vertical and horizontal areas of larch cladding emphasise the glazed and entrance areas, giving texture to the facade



**JIGSAW PROJECT**

Covid 19 rocked our world pushing Dunbeath & District Centre (D&DC) into finding solutions to meet the need of the residents of the South East of Caithness. March 2020 saw the whole country locked down for an extended period of time, the Management Team at D&DC nimbly responded to urgent need by switching from an in-house model of service provision to outreach services. Services were tailored to meet the demands of vulnerable people and those told to ‘shield’ to protected them during the initial phase of the pandemic. Two years on from the original lockdown much has changed including the needs of vulnerable individuals who are slowly adjusting back to a changed lifestyle or the ‘new normal’.

During the past two years a volunteer General Manager took on the senior role of managing D&DC, actively being involved as the local representative for the South East of Caithness within the Caithness Resilience Group and establishing D&DC as the ‘anchor’ organisation.

Prior to Covid 19 D&DC was bursting at the seams – the premises were too small to meet demand, kitchen facilities were inadequate, too few toilets were available, space to hold physical activities was inadequate and doors and corridors were too narrow to accommodate wheelchairs and walking aids. During 2021 funding was achieved to use external agencies and consultants to explore ideas and options on how best to serve the South East of Caithness post Covid-19. In those optimistic days it was thought Covid was a short term problem, unfortunately that is not the case, Covid will be with us for a long time to come and strategies have to be devised to live healthy lifestyles along with Covid.

Hands – Face – Space (H-F-S) are public health watchwords and D&DC intend to adhere to H-F-S for the foreseeable future. Space being the biggest problem – hence the Jigsaw Project.

The Jigsaw Project is an idea born out of need – D&DC’s vision is an ambitious new build health and wellbeing hub the bottom rung of a ladder which fits with the NHSH Redesign of Health Care in Caithness. If successful, D&DC will create a model for others to copy, already considered a centre of excellence by many an ambitious new build and the repurposing of the old building into a holiday let for vulnerable individuals will raise the standard of the established service model providing a much needed safety net for vulnerable individuals reducing or delaying the need for statutory services to be involved.

Funding	Amount in cash or kind	Outcome
Goodwill	£35,000	Two years voluntary General Manager role undertaken by retired Charity Manager – From March, 2020 50% of time on Jigsaw Project
Adapt & Thrive plus Ward Fund Highland Council Five days free consultancy awarded through Just Giving	£19,754.00  Free consultancy = £5,000	Community Needs Analysis Community Consultation Business Plan Application to Highland Council – Community Asset Transfer Design Team – Feasibility Study Back Office support – devising efficient bookkeeping, accountancy and budget reporting Recruitment and appointment of Operational Growth Manager

BOWL, SSE Resilience, Robertson Trust, Bad a Cheo Windfarm, Hugh Fraser Foundation	£85,000	Operational Growth Manager appointed in December 2021 to act as General Manager for the charity and lead the Jigsaw Project
Highland Council – Community Asset Transfer	£100,000	Land at Achorn Road, Dunbeath approved with conditions that full planning permission and full funding is achieved, decision made on 23/2/22. Land asset transferred to D&DC for £1.00
BOWL plus D&DC self funding £15,300	£51,300	Professional fees to develop Jigsaw Project to RIBA Stage 3 and planning permission, planning application to be submitted early July 2022
Community Enterprise – five days free consultancy through Accelerate a Scottish Government initiative	£6,000	Funding Strategy – research into capital funders for big projects with charitable aims. Report due by 30/6/22
Ward Fund Highland Council	£5,000	Back office support, Topographic Survey, Water Pressure check, professional fees
Ad hoc Advisors	Priceless	Individuals who step in with knowledge and skills on an as and when required basis. The Management Team at D&DC acknowledge ‘we don’t know what we don’t know’, that’s when external free, trustworthy advice and knowledge comes into play and is very much appreciated.

**BOWL Fund – final round.** Application for maximum amount, the application would be asking the Panel to take a leap of faith in awarding the funding for capital to build the actual building. Planning permission will be applied for by early July, Community Enterprise will have completed their version of a funding strategy, holding back one full day to review funding applications prepared by D&DC before submission. There will be ‘bumps in the road’ This is a legacy project and BOWL’s name will forever be connected with the project as the first major funder!

## ALL CHANGE

In April 2014 the face of Community Day Care was radically altered in Dunbeath. Gone was the 'Day Care Centre' and in came the 'Community Health and Wellbeing Hub', tasked with the job of prioritising the health and wellbeing of people over 50 years of age. (We are, however, intergenerational and have 17 users under the age of 15 and a total of 62 under 50)

Throughout the Covid 19 Pandemic we did everything we could to help our community meet the challenges that the pandemic brought and continues to bring. Our blended service allows us to carefully introduce activities and services along side our food provision as Government guidelines change.

As we adapt to this new landscape, we feel we are more resilient and more determined to increase our provision and continue to serve even more people in our community.

In 2021-2022, our kitchen produced 7,067 meals, 453 drop-in-for a cuppa with cake as well as 6,070 take-away soups and 2,134 fruit portions.

You can enjoy a nutritious and delicious meal at lunchtimes four days a week and an evening meal on Tuesdays. Please book in advance by contacting the Centre or using the email address below.



**Dunbeath & District Centre, 7 Neil Gunn Road, Dunbeath.**

**KW6 6EP Tel: 01593-731335**

**D&DC Services: [ddc731335@btconnect.com](mailto:ddc731335@btconnect.com) or  
[info@dunbeathanddistrictcentre.org](mailto:info@dunbeathanddistrictcentre.org)**

**Registered Charity SC019367**

**Company Limited by Guarantee SC137444**

**March 2022 (5)**



**Dunbeath  
& District Centre**  
Community Wellbeing

## ANNUAL PROGRESS REPORT

March 2022

Is a 'Good Neighbour'  
Cares about community needs  
Adapts very well to change  
Creative and Innovative  
Manages finances expertly  
Responds to suggestions  
Encourages others to volunteer  
Plans for the future needs of the  
community



## Record Numbers this year—again!

'Footfall' is used by our funders/ grant awarders to measure how effectively and efficiently we use our resources. We record each person using the services of the Centre and how many activities they become involved in.



We primarily serve those in the South East of Caithness but dovetail with the work of other health and wellbeing organisations across the County.

FOOTFALL COMPARISON	Annual Total
2021-2022	25,682
2020-2021	20,626
2019-2020	13,196
2018-2019	9880
2017-2018	9861
2016-2017	8624
2015-2016	7762
2014-2015	6884
2013-2014	3586
2012-2013	1833
2011-2012	977



Age range	Number
0 - 15	17
16 - 49	45
50 - 64	64
65 - 74	79
75 - 84	41
85 +	19

265  
Registered  
Users  
Male 103  
Female 162

The aim of the Centre is to provide a community health and wellbeing hub, which will deliver flexible and community based services, reduce isolation, promote community cohesion, social integration, healthy living and lifelong learning, helping to reduce Service Users' isolation and dependency on statutory services.

While Covid restrictions meant that our varied Activity Programme came to an abrupt halt, we were ready with Risk Assessments covering a blended service of food and personal support alongside a limited activities programme.



Our off-site Check in and Chat Programme continued throughout the pandemic, making 1,021 calls to offer a listening ear to those alone or otherwise vulnerable and the service continues to operate even as restrictions have been eased.

The Walking Group re-started in July 2021 and since then has recorded 1,286 individual walks. We have re-introduced Pilates and a Craft class as well as some after-lunch activities in the Centre. More activities will become available as soon as people feel more comfortable mixing with others.

Watch our Facebook page for announcements or phone the Centre for up-to-date information.

Our Good Neighbour Scheme continues to operate on the basis of goodwill on the part of Trustees, Staff and Volunteers



JAB FOR JOY BUS  
We linked in with the Covid Vaccination Programme and escorted 339 Users to Vaccination Centres for their jabs.



Our focus initially was directed towards those shielding to ensure they had hot food, prescriptions, books to read, jigsaws to complete, etc. Knowing that they had access to trusted volunteers who would shop for their essentials or go to the Post Office to pay their bills or even just to stand at the gate and have a chat while delivering their lunch, proved to be life-enhancing for those who were suddenly cut off from friends and family. We continue to offer support to those who require it out in our community through meal delivery and informal support packages. Our local knowledge of Covid cases and other personal difficulties helps us to direct our efforts effectively.