



## Press Release: August 2018

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### Celebrating the Flow Country with music and food

The Flow Country recently welcomed five young musicians to the visitor centre at RSPB Forsinard Flows National Nature Reserve south of Melvich. This was part of the Feis Rois 'Ceilidh Trail' that is taking traditional music to venues across the Highlands through the summer months. The musicians played traditional songs and tunes to a full house that was entranced by the music.

Hilary Wilson, who has recently started working with schools around the Flow Country, said "It was a really special day. The young people who were playing were fantastic. What a treat it was to have their music and stories in such a lovely location."

A number of young families were also kept busy mask making and creating dragonflies, whilst refreshments and culinary advice were provided by Scotland's Natural Larder. All the food on offer was showcasing the many opportunities for eating wild and natural food, for example venison and also pesto made from wild garlic. Further recipes and advice can be found on <http://scotlandsnaturallarder.co.uk/>

After the music had finished some of the visitors were then able to take a guided tour of the RSPB reserve to learn a bit more about the setting for the music.

The event was part of the Heritage Lottery Fund supported Flows to the Future Project that is aiming to engage new audiences with the Flow Country, to encourage people to find out about the peatlands and their importance in mitigating climate change in the long term. This particular event was sponsored by Scottish Natural Heritage.



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## NOTES TO EDITORS

The Peatlands Partnership includes Scottish Natural Heritage, Forestry Commission (Scotland), Highland Council, RSPB Scotland, Plantlife Scotland, Highlands & Islands Enterprise, The Highland Third Sector Interface, The Flow Country Rivers Trust, The Northern Deer Management Group and The Environmental Research Institute. It is chaired by Professor Stuart Gibb from the Environmental Research Institute, University of the Highlands and Islands.

RSPB Scotland is the lead partner in The Flows to the Future project, a Peatlands Partnership project, which gratefully acknowledges funding from the Heritage Lottery Fund and from the following funders and supporters; Environmental Research Institute, European Regional Development Fund, Forestry Commission (Scotland), Peatland Action, Highlands and Islands Enterprise, The Highland Council, RSPB, WREN, Scotland Rural Development Programme, Scottish Government, Scottish Natural Heritage and The Tubney Trust.

Peatlands cover less than 3% of the land surface of the Earth yet they contain twice as much carbon as the world's forests. Huge areas of bog have been drained and damaged in the past, and the carbon that was locked in the peat for thousands of years is now rapidly being released to the atmosphere. Damaged peatlands are responsible for at least 10% of the world's carbon dioxide emissions. Restoring peatlands is an effective and cost efficient way of reversing the carbon loss from damaged bogs.

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## CONTACT DETAILS

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