

COVE PARK

Handbook
Autumn 2025



Welcome to Cove Park

This Handbook is designed to help you plan for your residency and be a useful source of logistical and practical information during your time at Cove Park.

Further information on Cove Park, its current and past programme, our aims, history, and local community can be found at www.covepark.org. The [Residency FAQs](#) section provides answers to common questions, and the Accommodation & Facilities page shares images and detailed descriptions of Cove Park's accommodation, workspace, and communal facilities.

If you have any further questions, please contact a member of the team directly (see page 19 for names and email addresses) or reach us via:

Office: +44 (0)1436 850500

E-mail: information@covepark.org

Cove Park's postal address is:

Peaton Hill, Cove

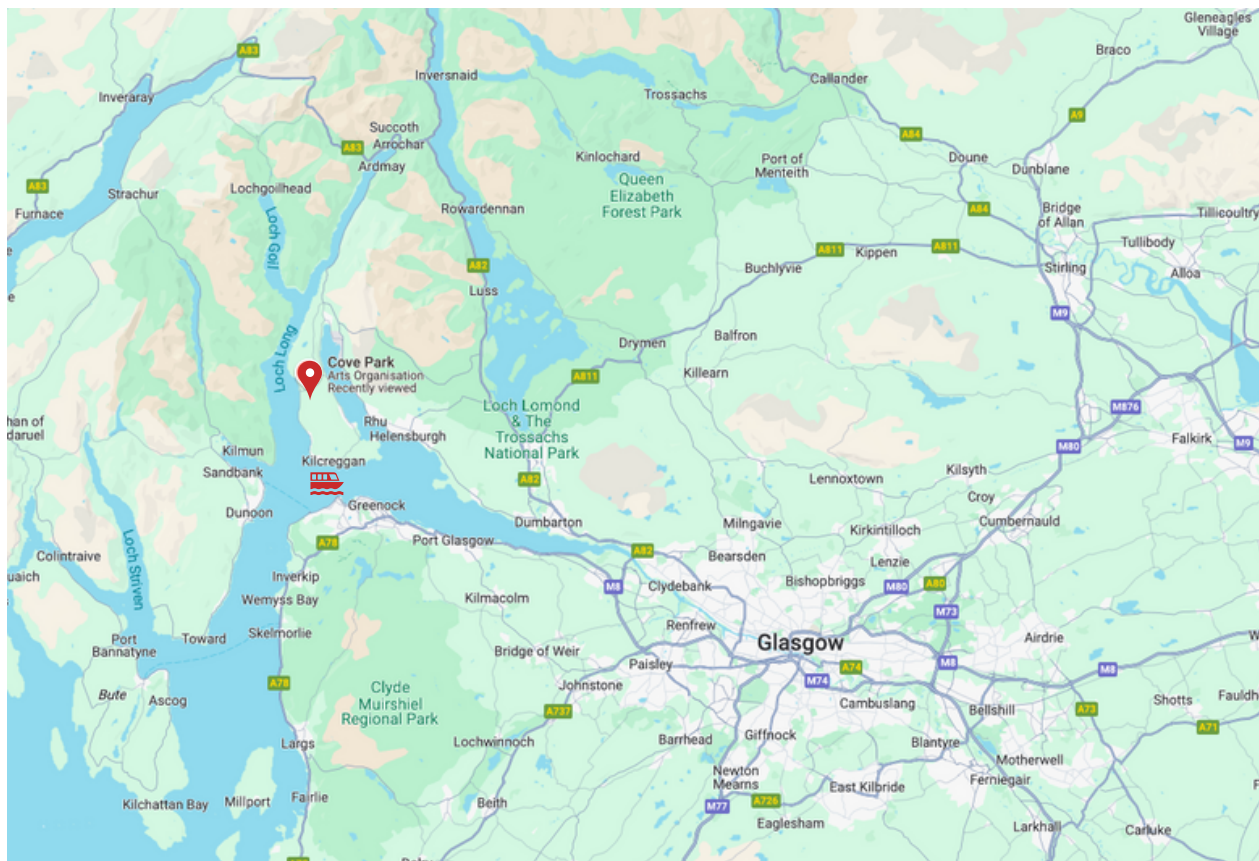
Argyll & Bute, Scotland, G84 0PE

Thank you for taking the time to read this Handbook and we look forward to welcoming you to Cove Park.

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TRAVELLING TO COVE PARK



In line with our [Sustainable Travel Policy](#), we encourage slow travel and the use of public transport when possible.

By train and bus or train and ferry from Glasgow

Scotrail trains run half hourly between Glasgow Queen Street and Helensburgh Central. A taxi from Helensburgh to Cove Park takes approximately 40 minutes and costs £30 - £40. Please see p.21 for local taxi companies.

Alternatively, the [316-bus service](#) runs from Helensburgh to Coulport (the bus stop is opposite Helensburgh Central on East Princes Street). Ask the bus driver for Cove Park at Peaton Hill/Coulport stop. Payment can be made by card or cash (exact fare only).

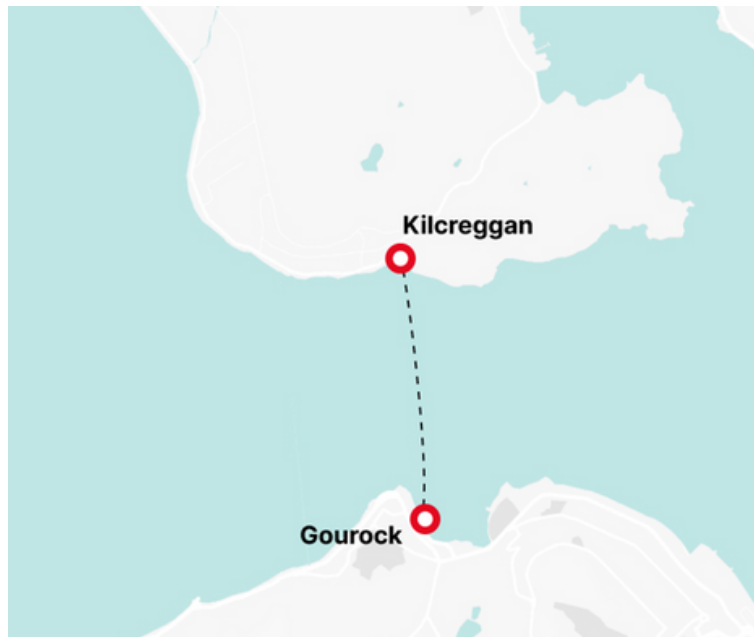
Please note, it is a 10-minute, steep, uphill walk from the Peaton Hill bus stop to Cove Park.

Please let a member of the team know in advance if you need a lift by car from the bus stop to Cove Park.

Scotrail trains also run from Glasgow Central to Gourock where a [CalMac passenger ferry service](#) crosses the Clyde to Kilcreggan. At Gourock train station follow the signs to the Ferry/Ferry Terminal. The ferries for both Kilcreggan and Dunoon leave from this terminal and the piers are just a short walk from the platform. Please be sure to catch the smaller Kilcreggan ferry and not the larger ferry for Dunoon!

Tickets can be purchased on the ferry. Cards and cash are accepted. **Please note, the ferry service does not run on Sundays.**

The ferry service operates a winter and a summer schedule. Please check the times on the [CalMac website](#) or phone +44 0800 066 5000. The ferry may not cross in poor weather or high winds. Updates on the service are also provided on CalMac's website.



CalMac ferry from Gourock to Kilcreggan

From Glasgow International Airport

Glasgow International Airport is served by most of the main flight carriers. The airport is a one-hour drive from Cove Park. A taxi costs approximately £80. Alternatively, Paisley Gilmour Street railway station is just a 10-minute drive by shuttle bus from the airport. Trains run from this station to Gourock, allowing you to connect with the passenger ferry to Kilcreggan (see p. 5 above).

By car from Edinburgh/Glasgow

It takes just over one hour by car from Glasgow to Cove Park. Directions are as follows:

- On M8, go west through Glasgow
- Cross Erskine Bridge going North
- Take A82 signed Crianlarich
- Keep going along Loch Lomondside
- Take A817 signed Garelochhead
- Drive 20 mins to roundabout
- Take road signed Arrochar
- Drive one mile to second roundabout
- Take road signed (in red) Coulporth
- After 4.4 miles turn left immediately after sign 'Accident Blackspot'
- At T-junction next to Nature Reserve turn right
- Cove Park is 300 yards on the left

Our nearest electric vehicle charging point is located at [Cove Burgh Hall](#) and is a 22kW Dual BP Chargemaster. [More information available here.](#)

ARRIVING AT COVE PARK

Please confirm your arrival time with a member of the team as soon as you can. Accommodation is typically ready to enter by 1.00pm but you are welcome to arrive before this time and be based in the Jacobs Building until your accommodation is ready.

On arrival you will be met by a member of the team who will give you a tour of the Jacobs Building, introduce you to colleagues on site, and take you to your accommodation.

We share a 'this week at Cove Park' email every Monday morning, listing the names of all current residents, links to their pages on our website, details of any events taking place during the week, and the days and times members of the team will be in the office.



THE JACOBS BUILDING

The award-winning Jacobs Building was designed for Cove Park by CameronWebster Architects. This building opened in 2016 and provides flexible spaces for work, meetings, public events, and dinners. It is the main communal facility on site and is available for residents 24 hours a day, every day.

Cove Park is staffed between 9.00am and 5.00pm, Monday to Friday, and the Offices are in the Jacobs Building. When you arrive, you will be shown how to open and lock this building when the team are not on site. A member of our housekeeping team is generally on site every weekday morning to clean the Jacobs Building and accommodation when required.

Kitchen & dining area

The kitchen in the Jacobs Building and the dining area are available for everyone to use. The communal pantry has a stock of pasta, rice, pulses, oils and spices, provided for residents. We have two fridges and freezers: one marked for communal use and one for personal use. If you have fresh, dry, or tinned food that you would like to share, please place these items in the communal fridge, freezer or cupboards.

In addition to the induction hobs and electric ovens, the available appliances include an air fryer, rice cooker, Ninja blender, a filter coffee maker, and a small deep fat fryer.

Please ensure the kitchen is left clean and tidy after use; cleaning products are available in the cupboards under the sinks. All dishes should be washed in the dishwasher.

A notice board in the kitchen is used to share weekly information on current residents, team members' working days, and details of events. If you are planning trips, dinners, or other events you would like to invite other residents to, please add details to this board.

The stove

The wood burning stove can be used by residents and wood is stored in the Boot Room.

SAFETY: Never leave a fire unattended -- particularly if there are children in the Jacobs Building. Please close the wood burner's door using the gloves provided and do not place anything on top of the stove (it is very hot). If unsure, please ask a member of the team to show you how to light the stove.



The library

Cove Park's reference library is a wonderful and growing resource for residents and visitors. It consists of approximately 1,800 books, pamphlets, and journals, signed first editions, and limited-edition artist books brought together largely through kind donations from residents and other arts and cultural organisations.

In 2023, we launched a partnership with [Cove Community Library](#). This volunteer-run library in Cove Burgh Hall now includes shelves with a changing selection of books by former Cove Park residents; the library volunteers share with us a small selection of local history and natural history books for our residents to use at Cove Park.

You are welcome to make use of the library during residency. Please return all borrowed books so future residents can benefit from this resource. We are always grateful to receive copies of our residents' books. If you would like to donate, to our library please let a member of the team know.

Workspace in the Jacobs Building

Residents are welcome to work in the Jacobs Building. When not in use for a specific project, event, or meeting, both the Monument Trust Room and the Robertson Trust Room can be used by everyone on site. Please speak to a member of the team if you would like to reserve one of these spaces for a meeting or other short-term activity related to your work. A Xerox printer is also available in the library for residents.

Telephone & Wi-Fi

A landline telephone is available in the office. Wi-Fi is available in the Jacobs Building and in all the accommodation and studios. The network name and password are displayed by the work desk in the library and in each unit of accommodation.

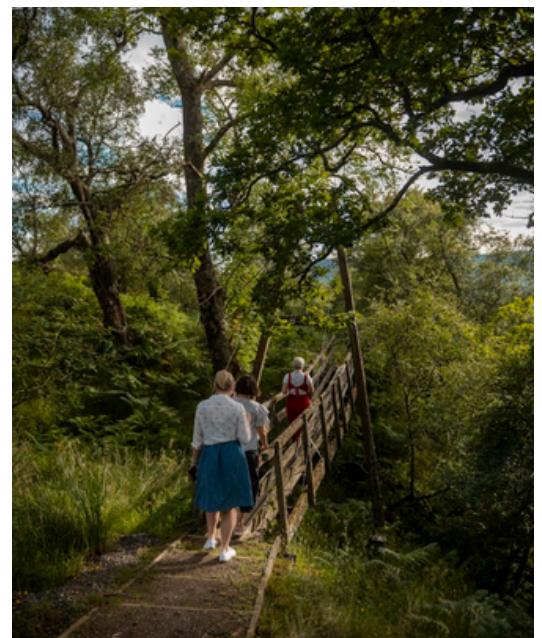
Laundry

The communal Laundry has two washing machines and a tumble dryer. We provide environmentally friendly laundry liquid and fabric softener. The Laundry can be used between 1pm and 5pm on Tuesdays, Wednesdays, Thursdays, and Fridays (housekeepers use the Laundry on Monday and on weekday mornings). It is also available for use on Saturdays and Sundays. Clothes can be hung to dry on the rack in the Drying Room or on the outdoor clothesline at the top of the site by the Jacobs Building (please use this instead of the tumble dryer whenever possible).

THE SITE

The Jacobs Building, its accommodation, and the main car park are located at the top of Cove Park's site with access from the main road on Peaton Hill. A further eight accommodation units - the Pods and Cubes - and three studios are located down site, just a few minutes' walk downhill from the Jacobs Building.

The vehicle track from the car park and the footpath from the Jacobs Building are currently the main routes through the site. The vehicle track – also known as the Dover Road – ends at the Peninsula's Barbour Road. The footpath from the Jacobs Building crosses a bridge designed by former resident Richard la Trobe Bateman. This path is lit at night. A track beside the lower car park leads to Orchid Hill and wonderful views across Loch Long.



Immediately prior to Cove Park the 50-acre site was a conservation park, home to Highland cows, sheep, and other animals. Since 2000, the land has been lightly managed with the aim of preserving its flora and fauna. Cove Park now has three Highland cows and hosts a local farmer's sheep. The cows and sheep generally roam freely across most areas of the site. Please close all gates behind you on both the vehicle track and the footpath to ensure the cows and sheep cannot access Peaton Hill or Barbour Road.

Cove Park has one remaining Nissen Hut. This is a corrugated iron structure dating from the site's time as a US Navy storage depot - Cove Park is close to the Royal Naval Armaments Depot (RNAD) at Coulport and His Majesty's Naval Base (HMNB) Clyde at Faslane.

In 2022, Cove Park's team, residents, and volunteers planted 500 native trees to create a new woodland behind the Jacobs Building as part of the Argyll Beacon project.



ACCESS ON SITE / HEALTH & SAFETY

Cove Park's vehicle

Cove Park's 4x4 jeep. Its primary purpose is to support access around the site and is used frequently by our Housekeepers (typically all day on Monday). When not in use on site, residents are welcome to borrow the jeep for short, local trips. Cove Park's insurance covers drivers aged 25+ with a clean licence, eligible for the UK. Please speak to a member of the team if you would like to use the vehicle during your residency. Before borrowing the car, please complete the [Waiver Form](#).

Please replace the fuel you use and when you refuel, please remember it is diesel. The nearest garage in Garelochhead (10-minutes' drive away) is not open on Saturday afternoon or on Sunday. The Tesco garage in Helensburgh (30 minutes) is open until midnight each day. Please speak to a member of the team in advance if you would like to use this vehicle.

If driving on site with Cove Park's car or your own car, please observe the 10-mph speed limit on the vehicle track and close all gates behind you. Car parks are adjacent to the Pods and Cubes.

If you do not have a car or do not drive (or if you prefer not to take your own car down site), bags and studio equipment can be transferred via Cove Park's jeep with help from the team. Cars can also be parked in the main car park by the Jacobs Building.

Health & safety on site

The site's terrain is rough and can be slippery during heavy rainfall. Please wear appropriate footwear and use caution when on site. It is also advisable to walk on the chicken wire when on wooden surfaces (placed over the wooden decking by the accommodation and studios down site).

Only the main car park at the Jacobs Building, the main footpath down site, and the paths to the accommodation are lit at night. It is therefore advisable to bring a torch with you if you can.

We generally have First Aid trained members of the team on site during office hours. However, Cove Park is not staffed during the evenings and weekends. A fully stocked first aid kit is available in the Jacobs Building kitchen and in each accommodation unit.

All accidents or injuries should be reported to the staff team and will be included in the incident report book. Emergency and medical numbers are detailed below.

A defibrillator is attached to the external wall of Studio H adjacent to the Jacobs Building (by the pond at the main car park).

Cove Park's Fire Action Plan is available in each unit of accommodation along with a fire extinguisher, fire blanket, and emergency whistle. Please prioritise your own safety and only tackle a fire if it is safe to do so. If in an emergency you evacuate your accommodation or studio, please use the whistle to alert others on site. The muster point is by the recycling and bin enclosure at the main entrance at the top of the site. The fire alarm in the Jacobs Building is tested every Tuesday morning.

Cove Park's e-bikes

Cove Park's three electric bikes are stored in the Boot Room in the Jacobs Building. The bikes can be borrowed for short trips around the Peninsula. Before borrowing a bike, please complete the Waiver Form. A member of the team will be happy to show you how to use the bike. Helmets, bike locks, and panniers are also stored in the Boot Room.

RECYCLING & OUR CARBON FOOTPRINT

Cove Park is a member of the [Green Arts Initiative](#), the [Green Art Lab Alliance](#) and a co-founder of [NAARCA](#), the Nordic Alliance of Artists' Residencies on Climate Action.

We are working hard to reduce waste across the site and to recycle what we can. We provide environmentally friendly products in our kitchen, toilets, bathrooms, and in the laundry.

The Jacobs Building has a large food waste bin in the kitchen and a general waste bin. Containers for recycling paper, tins, and bottles can be found in the Boot Room.

Large bins for general waste and recycling are located next to the main entrance at the top of the site. The bins are emptied on Tuesday mornings. Please recycle as much as you can: paper, cardboard, hard plastic (no plastic film or bags), glass, and cans should all be recycled. Food waste bins are available in the Cubes and Pods.

In a further bid to reduce our carbon footprint, we prefer to use local shops and suppliers. There are several very good independently owned shops on the Peninsula. Food orders can be placed at Cove Country Store in advance, and further details are provided in the local directory below.



ACCOMMODATION & STUDIOS

Information on the site's accommodation and more images are available [here](#). Residents are allocated one of three types of self-catering accommodation (this will be detailed in your Residency Contract):



The Pods (Oak and Taransay)

Both Pods have two en-suite bedrooms (with baths). Oak has a large, shared kitchen and sitting area. Taransay has one shared sitting area and two self-contained mini kitchens. All kitchens contain a microwave, hob, pots and pans, a kettle, fridge, cafetiere and toaster. Oak Pod has two bedrooms both with double beds; Taransay has two bedrooms, both with two single beds, which can be set up as double or twin rooms. The Pods featured in the BBC series *Castaway* and were moved from the Hebridean Island of Taransay to Cove Park in 2001. The Pods were refurbished in 2020/21, with support from Ab Rogers Design and Bute Fabrics.



The Cubes

The six Cubes have open plan bedrooms (with double bed), mini kitchens - with microwave, electric hobs, pots and pans, a kettle, fridge, cafetiere, and toaster – sitting/work area with a sofa (a sofa-bed) and desk, and shower-room. The Cubes are well-insulated and contain electric radiators. The original Cubes (Arran, Bute, and Cumbrae) were created by the London-based company Urban Space Management in 2002 and are constructed from recycled freight containers. They were upgraded and refurbished in 2020-2021 by CameronWebster Architects. A second set of three accommodation Cubes (Danna, Eriskay and Fladda) were installed in 2006.



Accommodation at The Jacobs Building

Two accommodation units are located at the top of the site (Gigha and Haslam). Both have mini kitchens and private bathrooms. Gigha is wheelchair accessible and has a double bed. Haslam has a double bed. Both contain a work desk and a kitchenette with a microwave, hob, pots and pans, toaster, cafetiere, kettle and fridge. G and H both have adjoining studios, which are allocated with the accommodation. Please get in touch with a member of the team for more information on accessibility.

The Studios

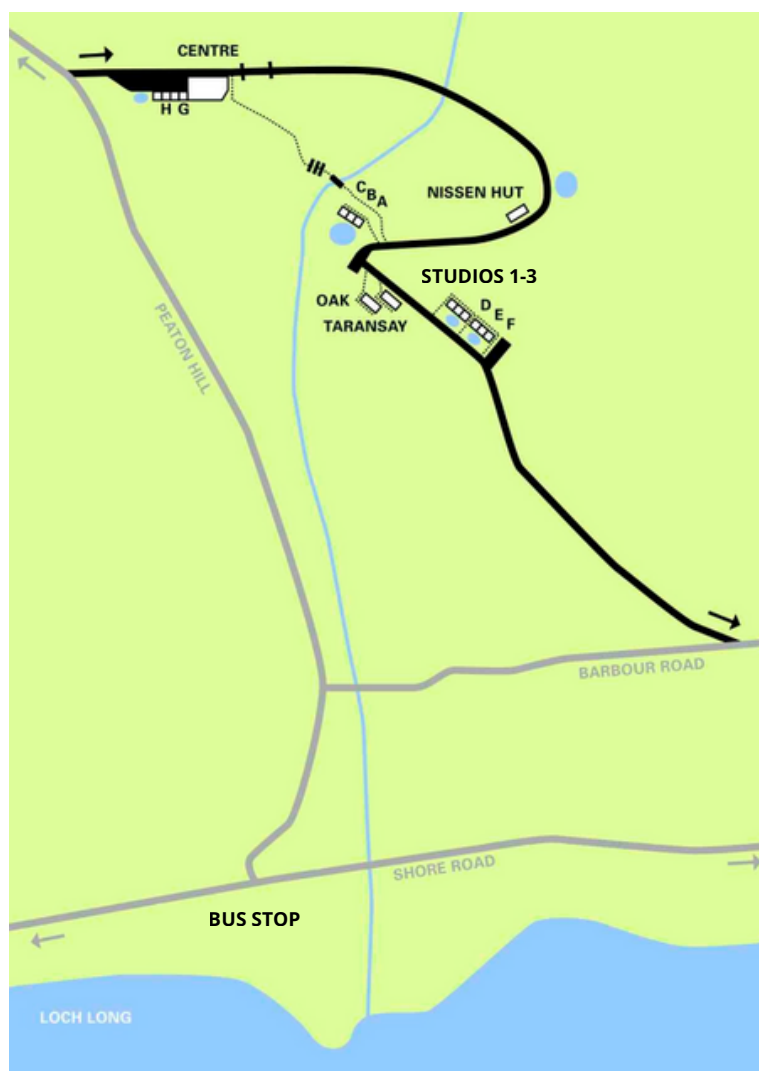
The studios are allocated in advance of each residency. Cove Park has five private studios: 1, 2 and 3 (approx. 26m sq. each) are located down site; the remaining two are located at the top of the site, connected directly to the accommodation adjoining the Jacobs Building. Each studio has excellent natural light, desks, chairs, and sinks. Studios connected to G and H have partial black out.

The Nissen Hut

The Nissen Hut can be used as a workshop and studio by prior agreement. It has no natural daylight but has power and lighting. If you plan to work in the Nissen Hut, please bring your own personal protective equipment, such as dust masks and eye protection. There is a First Aid Kit in the Nissen Hut.

Please note: Cove Park does not provide tools. Residents should bring their own specialised equipment and are responsible for insuring their own items.

Please notify staff of any potentially dangerous equipment that you are bringing on site. If you are bringing chemicals or other hazardous materials or substances on site, please alert staff so that we can advise if they can be stored safely.



THE LOCAL AREA

The Rosneath Peninsula has a rich and varied history. Books on this part of Argyll, the Clyde, and the Peninsula's architecture are available in the Library. Information on the local area is also available [here](#).

Walks & swimming

There are several enjoyable walks on the [Rosneath Peninsula](#). The Barbour Road can be accessed via a gate at the end of the vehicle track at the bottom of the site. The Barbour Road is a single-track road leading to Cove and Kilcreggan villages (it takes approximately one hour and 15 minutes to walk to Kilcreggan).

The nearest stretch of shoreline at Loch Long is accessible at the bottom of Peaton Hill and the junction with Shore Road. Follow the track opposite the Peaton Hill bus stop down to the water. You may also want to visit Peaton Glen Wood (10 minutes' walk from Cove Park, going towards Coulport) and the walk across the top of Peaton Hill via Forestry Commission land. Please speak to a member of the team for directions and more information.

Wild swimming is possible in Loch Long. However, please be mindful of the currents and wear water shoes to protect feet from rocks and shells. [Rosneath Castle Park](#), a 12-minute drive from Cove Park, offers water sports, including kayaks and paddleboards for hire.

The site's proximity to RNAD Coulport and HMNB Clyde at Faslane means that Ministry of Defence (MOD) Police do patrol Peninsula roads by car. If you are walking close to Coulport you may be stopped by MOD Police and asked for your name and address. This is not a typical or daily event, but it may happen. If you are stopped and feel in any way uncomfortable or concerned about this, please do not hesitate to contact a member of Cove Park's team (see contact details on p. 20). We do maintain contact with the MOD Police to ensure they understand and are respectful of Cove Park's work and residents.

The nearest swimming pool (and gym) is at [Helensburgh Leisure Centre](#) (although currently closed due to storm damage). [Gourock's Lido](#) is a wonderful salt-water outdoor pool open during the summer months.

Local transport

The Rosneath Peninsula benefits from a regular bus service, the 316 run by Wilson's of Rhu and Garelochhead Coaches. From the bus stop at Peaton Hill, residents can travel to all the local villages and to Helensburgh. Bus drivers will accept payment by card or exact fare if paying with cash. [The bus timetable is available here](#).

WHAT COVE PARK PROVIDES & WHAT TO BRING

We provide:

Bed linen (satin pillowcases and top sheets are available upon request)
Hot water bottles
Toilet paper
Small first aid kits in each unit of accommodation
Environmentally friendly washing up liquid and cleaning materials
Laundry detergent and fabric softener
An iron and ironing board are available for use in the Laundry Room.
A basic supply of dried goods, oils, and spices (please see section on Food & Shopping below)

Please bring:

Waterproof clothing, wellies, walking boots (weather conditions can change quickly).
A torch
Towel and wash cloth
A Bluetooth speaker or radio
A hairdryer
Adaptor plugs
Toiletries

INVENTORY & MAINTENANCE

Please return any items borrowed or moved between the accommodation and studios at the end of your residency and report any breakages or damage in your accommodation to the team before you leave. In the unlikely event of serious damage to Cove Park's fixtures and fittings, the resident bears full responsibility for repair and/or replacement.

Maintenance issues

Please report all maintenance issues during your residency via email to [Thom Rees](#) (Site & Facilities Manager) or speak to a member of the team in the office. If the issue is urgent, please contact a member of the team directly (contact numbers provided below).

GENERAL INFORMATION

Toilets & baby changing

Cove Park is not on mains sewage and relies upon septic tanks, which are not as sturdy as a mains system. Only toilet paper should be flushed. Please dispose of sanitary waste, wipes, or cotton pads in the bags provided, and place in the waste bins in the bathrooms on site.

A baby's changing table is provided in the wheelchair accessible toilet in the Jacobs Building.

Keys & Security

We do not provide residents with individual keys for the Jacobs Building. When you arrive, a member of the team will show you how to open the key box and give you the code for this box. Please return the main door key to this box immediately after use. If you are the last person to leave the Jacobs Building, please ensure all lights, the cooker hobs and ovens are switched off, the heating is turned down, the stove is cared for, and all external doors are locked from the inside before locking the main door.

We provide each resident with one set of keys for their accommodation and, if allocated, studio. The keys will be in the main door of your accommodation when you arrive. If you have any questions concerning security on site, please contact a member of the team directly.

Cove Park has property insurance but is not responsible for your personal valuables or any equipment you bring to the site. The office has temporary secure space for small items if required.

No smoking policy

Cove Park has a no smoking policy for all buildings. We ask residents to smoke outside, and away from the main entrances to the Jacobs Building.

Food, Shopping & the Communal Pantry

Our residencies are self-catering. If possible, please bring food with you on the day you arrive. If you are travelling from international locations and bringing food or shopping before you arrive is not possible, we can help with initial provisions and supplies (the team will discuss this with you in advance of your residency).

The Communal Pantry in the Jacobs Building is open to everyone and is replenished regularly. It includes:

- white/brown basmati, paella, and risotto rice
- penne and spaghetti pasta
- lentils
- broth mix, vegetarian broth mix, stock cubes
- ginger, cinnamon, turmeric, chilli powder and flakes, cumin, coriander, cayenne pepper, garam masala, mixed dried herbs, cardamon pods
- tea, coffee, and sugar

At the end of your residency, please consider leaving any unopened tinned or dried goods in the Communal Pantry for others to use. Thank you.

There are several very good local shops, listed below, and a small supermarket in Rosneath. It is a ten-minute drive (or 20/30-minute cycle) to local shops in the villages of Cove, Kilcreggan and Rosneath, and a 30-minute drive to our largest local town, Helensburgh. Some local shops and farms will deliver to the Jacobs Building, and food can also be ordered online and delivered directly to Cove Park via major UK supermarkets (Asda, Co-op, Sainsbury's, Morrisons, Tesco, Waitrose).

For Kosher grocery deliveries, you can order from Mark's Deli in Giffnock. For Halal meat and grocery deliveries, you can order from House of Halal in Glasgow. For those that prefer not to cook, we would recommend deliveries of pre-prepared meals from Cook and see [Eating out](#) below.

LOCAL DIRECTORY

We recommend the following local shops:

- Ardardan Farm Shop (delivery available)
- David Dean's Fish (delivery to Cove Park on Tuesday morning at 8.00am)
- Cove Country Store
- Gingerbreadman Bakery (this baker delivers to Cove Country Store – order on a Tuesday to collect on Saturday)
- Co-op Grocery Store, Rosneath
- Davidsons Chemist, Kilcreggan
- Kilcreggan Post Office
- K Walkers Butchers, Kilcreggan
- Lou Lou's Deli, Garelochhead
- Needle and Anchor hardware, Rosneath (+44 01436 831928)
- Eureka Hardware Store, Garelochhead (+44 01436 810134)
- Raymond Grieve Builder's yard
- Helensburgh for larger supermarkets (Morrisons, Tesco, Co-op), Boots Chemist and WH Smith. The town also has a small art store, many charity shops, gift shops, paint store, and a DIY store.

We recommend the following local amenities:

- Cove Burgh Hall, weekly activities include Table Tennis, Yoga, and more.
- Cove Community Library (at Cove Burgh Hall)
- Cove and Kilgroggan Film Society (at Cove Burgh Hall)
- Royal Bank of Scotland Mobile Bank, Cove Village Store every Tues 11.40-12pm noon

The nearest petrol station is in Garelochhead (card only) or if travelling north, in Arrochar.

Eating out

There are several good local cafés and restaurants:

- Knockderry House Hotel, Cove
- Loch Fyne Oyster Bar, Loch Fyne
- The Creggans Bar, Kilcreggan
- The Perch Café, Garelochhead
- Gingerbread Man Café, Helensburgh
- Riverhill Café, Bar and Restaurant, Helensburgh
- Sugar Boat, Helensburgh
- Café Continental, Gourrock

GUESTS & PETS POLICY

Guests are very welcome, but as far as possible please invite guests at the weekend. For health and safety reasons, please let a member of the team know by email the names and contact details of all guests.

Unless your pet is instrumental to your access needs, we ask you to come alone. This is due to the site's livestock, wear and tear in the accommodation, and concern for those with allergies. Please contact a member of the team directly if you would like to discuss bringing a support pet.

COMMUNITY ETHICS

As an individual within Cove Park's community of up to 14 residents on site at any one time, we would ask you to share and respect our aim of fostering a safe and inclusive environment that allows all residents, visiting artists, public participants and guests to have a safe and positive experience. Harassment, of any kind, will not be tolerated. Furthermore, you are expected to adhere to all national laws and regulations.

Cove Park aims to provide a safe and positive environment for everyone, and to actively dismantle discrimination based on age, disability, gender identity, marriage or civil partnership status, pregnancy or parental status, race including skin colour, nationality, ethnic or national origin, religion or belief, sex, and sexual orientation. Additionally, we aim to dismantle discrimination based on accent, educational background, gender expression, hair texture and hairstyle, immigration status, language ability, markings and/or tattoos connected to spiritual rituals from pre-colonial cultural practices, neurodiversity, physical and mental health, size, and socio-economic status or background.

As language, terms, and expressions inevitably evolve, Cove Park is committed to reviewing this statement regularly – and as often as it becomes appropriate – with our local, national and international communities.

If you feel that the integrity of this community has been breached and a member has failed to adhere to our collective aims, please speak to Director Alexia Holt (alexia@covepark.org) or Senior Producer Alex Marrs (alex@covepark.org) to discuss harm reduction and/or prevention and relationship repair, if you wish to do so. We endeavour to treat all claims of abuse, harassment, aggressions both micro and macro, seriously and equitably, and resolve to thoroughly address and mindfully investigate any such matters that may arise.

MENTAL HEALTH & WELLBEING

We hope Cove Park's rural location, aims and ethos promotes mental wellbeing; however we understand that a new environment and new routines may come with its own unique challenges and stresses. If you are experiencing anxiety, stress, or other mental health difficulties, and are comfortable sharing this with us, please let us know how best we can support you. If not, here are resources that may be helpful to you:

- If it would be helpful to get medical advice, call 111
- If you need help urgently, call Samaritans at 116 123
- If you need therapy: Black Minds Matter, Breathing Space
- If you need information on how to cope in a crisis: Mind, SAMH

General health guidance

We are committed to minimising the risks of COVID-19 for our residents and staff. As members of the Cove Park community, we all have a responsibility to follow guidance to minimise transmission and to reduce the risk of infection as much as we can.

We continue to undertake enhanced cleaning procedures across Cove Park's facilities and provide hand sanitiser and face masks. However, we do not require residents to wear a face mask in communal spaces on site but understand if you wish to do so: we appreciate that everyone has their own levels of comfort and would ask that you respect your fellow residents' desires for physical distancing etc.

We no longer require residents to undertake a lateral flow test before travelling to Cove Park but do ask that you remain vigilant for symptoms of COVID-19 prior to your arrival and during your stay. If you begin to feel unwell, we can provide you with a lateral flow test if required. If you test positive during your residency, please remain in your accommodation, and inform a member of the team. We would ask you to travel home if it is possible to do so or remain in isolation at Cove Park until a negative test is achieved.

Further information on Scottish Government COVID-19 Guidance is available [here](#).

Ticks & midges

Ticks are common during the late spring and summer months in all rural locations. Please check yourself regularly for ticks. If you find a tick, use one of the tick removers provided in the first aid kit in the Jacobs Building and remove the tick as quickly as possible. Further information on ticks and how to remove them is provided by the [NHS inform](#).

Please contact a member of the team if you are concerned about a tick bite. Our local chemist and GP can also provide treatment and medication if required.

Midges are also common in the summer, particularly during still and humid weather conditions and by the Lochside. They are a nuisance, and may bite, but they are not dangerous. Anti-midge sprays and creams are available in our local shops.



DEPARTURE

On departure, we ask you to please:

- Leave the key for your accommodation in the door.
- Place any unused food in the communal fridge or pantry in the Jacobs Building.
- Take all general waste and recycling up-site to the bin enclosure at the top of the site.
- Place all bed linen, bathmats, and tea towels in the red bin bag placed in your accommodation. Please tie close this bag and leave it inside your accommodation.
- Let us know of any breakages or faults in the accommodation by contacting staff.
- Ensure that all lights, heaters or towel radiators are switched off.

CONTACT INFORMATION

The Team

Lynn Barr, Housekeeper

Karen Dalglish, Operations Supervisor (Housekeeping)
Karen@covepark.org

Rona Grierson, Fundraising Coordinator
rona@covepark.org

Emma Henderson, Curator of Engagement
emma@covepark.org

Alexia Holt, Director
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(+44) 07789 707 016

Nicola Jamieson, Producer – Open Residencies
Nicola@covepark.org

Alex Marrs, Senior Producer – Awarded Residencies
Scotland Mental Health First Aid certified
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Kerrie MacQueen, People & Finance Manager
kerrie@covepark.org

Sharon Neal, Housekeeper

Thom Rees-Switalski, Site Manager
Thom@covepark.org
(+44) 07812 389084

Nichola Welsh, Housekeeper

Main Office

Cove Park, Peaton Hill, Cove, Argyll and Bute , SCOTLAND, G84 0PE

Tel: +44 (0)1436 850500
E-mail: information@covepark.org
Web: www.covepark.org

The office is staffed Monday – Friday, 9am - 5pm

Emergency Contact Numbers

Call 999 in a medical emergency. This is when someone is seriously ill or injured, and their life is at risk.

Call 111 if you have an urgent medical problem and you are not sure what to do. Please call this number only out of hours when you cannot reach a local general practitioner or dentist.

Doctors

Kilcreggan Medical Centre

Fort Road

Kilcreggan

Call 01436 842156 to request an appointment.

The surgery is open Monday, Wednesday, Thursday, and Friday, 8am – 6pm. On Tuesday it is open 8am – 1pm. After 1pm on Tuesday cover is provided by Garelochhead Medical Centre (01436 810370). It is closed on Saturdays and Sundays.

If you need medical advice outside of surgery hours, please call NHS on 111.

- [Guidance on Healthcare in Scotland for overseas visitors](#)

Dentist

The nearest dental surgeries are in Helensburgh. In an emergency contact NHS on 111.

Taxis

Peninsula Cabs (Kenny) – 07925 619577

-Black hackney cab wheelchair accessible. Advisable to pre-book in advance of your journey.

Tartan Wolf Minicabs, Helensburgh – 01436 406080

- 24 hr electric cab company

-Pram and wheelchair accessible

Mike's Taxis, Helensburgh – 07831 591173 / taxis@helensburghtaxiuk.com

Glasgow Cabs – [book online or via app](#)



We hope this Handbook helps to make your stay as welcoming and comfortable as possible. Please contact a member of the Team if you have any further questions. Thank you.

COVE PARK

Charity no. SC029530 | Company no. SC201042

DIRECTOR

Alexia Holt

TRUSTEES

Lauren Dyer Amazeen (Chair), Ashanti Harris, Eileen & Peter Jacobs (Founders),
Eric Latzky, Brian Lochrie, Parvinder Marwaha, Karen McMillan,
Heather Parry, Marianne Stark, Nadia Sirc, Sophie Crichton Stuart