

FORCES Manor



Forces, Veterans & Families Respite

Stay - Activities - Social
Together





FORCES Manor

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Winners and Inspirations - Together



The COOL BLUE AWARD

Forces Manor Cool Blue Appreciation Award as a way to express gratitude and return favour. Every year, Forces Manor will commemorate and recognise a person or group for their accomplishments, contributions to good causes, and efforts towards personal growth.



COOL BLUE AWARD Winner 2021 - Anthony Campbell

Anthony was the first winner, and he received a cash prize, a trophy, and a certificate to recognise his remarkable enthusiasm and dedication to Forces Manor. Anthony has been a key member of the Forces Manor team since day one. He also gets the honour of having a room named after him because he created the idea for the room's theme, the games room.



Anthony started working at Forces Manor as a schoolboy and Army cadet at the beginning of the development. He put in a lot of overtime as a Saturday worker and over school breaks at Forces Manor. Throughout the first year of the development, Anthony never missed a Saturday at work. Forces Manor has undoubtedly benefited greatly from his work and dedication, which helped launch the project. The games room will now be known as "The Campbell Lounge" because Anthony conceptualised the notion and sketched the features and designs.

Gratitude, Anthony Your early, arduous efforts have undoubtedly paid off, thus it is only right that you be acknowledged for your exceptional accomplishments. Your efforts on behalf of Forces Manor have been much appreciated, and your contribution to this unique project will always be acknowledged and remembered. We hope that Anthony will be motivated by receiving this award and will realise how valuable, competent, and deserving he is. If Anthony is to succeed in life, as we believe he will, it is essential to give him a feeling of purpose and belonging.



COOL BLUE AWARD Winner 2021 - Angel Services

The second-place winners were Aviemore's Angel Services, who were recognised for their outstanding fund-raising efforts in 2021. As of April 2023, Rhona and Marie have raised £13,000 for Forces Manor.

Forces Manor can't thank them enough for their incredible dedication to the cause; FM is grateful for everything they have done. Thank you, Angel Services' Rhona and Marie.

An Angel Services Rowan tree will be planted at the main entrance to honour their incredible contribution to Forces Manor.



COOL BLUE AWARD Winner 2022 - Mark Bradley

Mark Bradley and his cycling squad won in 2022. Tony, the founder of Forces Manor, and Mark were both members of the Royal Corps of Transport while Mark was in the Army, and the two have remained close friends ever since. The 600 miles that Mark and his crew cycled from Bridgewater, Somerset, to Forces Manor, Kincaig, was their greatest accomplishment. The cycling group led by Mark, Andy Chapell, Dave Bromme, Dave Bromme, Nigel Gulliford, Matt Draper, Nic Edmonds, Russ Nurcombe, Karen Brennan, and Jerry Wallis. Jerry Palmer and Chris Whitefield, who drove the team's vans along the roadside, contributed to their incredible feat. However, what makes this venture even more impressive is how it came about and Mark's motivation for assembling the team and achieving the goal. I was in awe when Mark and his team came at Forces Manor having completed the amazing feat in just one week, but it wasn't until later that Mark gave an explanation of his entire strategy that I was left speechless. Mark received a Chronic Lymphocytic Leukaemia (CLL) diagnosis on the day he called to share his idea, and he then made the decision that he wanted to do something extraordinary. That's exactly what he accomplished, and in doing so, his team helped Forces Manor raise nearly £14,000.



FINALIST



Scottish Veterans Awards 2023

Top military Veterans honour as a finalist.

Forces Manor surprisingly learned that we have been nominated for a prestigious Military Veterans award in March 2023. But the credit goes to everyone who participated and helped Forces Manor, including Anthony, Angel Services, Stewart, Nick, Mark, Connor, Kaden and many others. This for each of you.

Being nominated for this award is an honour, but it's not about me; it's about Forces Manner. I want to express my sincere gratitude to the military for giving me the freedom to be who I am and for the nomination. The nomination is extremely encouraging and will open up new opportunities for serving members of the military and veterans.

Being a finalist for this award is the highest military accolade, but it is also for all of you because of your participation and support of Forces Manor.

What



The Army gave me a home, now it's my turn to give the Army a home



Forces Manor is a Tri-services not for-profit facility that can be used in a variety of ways from being a base centre for adventure training to over nights stay or a week long holiday. Forces Manor will also act as a drop in day centre.

British forces have a long history of engagement with the Scottish Highlands. Forces Manor will strive to provide something unique while collaborating with providers of leisure and facilities

For serving soldiers, veterans and their families Forces Manor serves as a dedicated respite attraction and will be a place where anyone can stop by and relax, where veterans and service members may join a breakfast club, where they can meet and great one another, where they can share, and where they can just be together.

Forces Manor has accommodation for 56 guests available for groups, organisations, or private individuals.

Forces Manor is situated in the Cairngorms National Park in the central Scottish Highlands, five minutes south of Aviemore, in the village of Kincaig on the banks of the River Spey.

Forces Manor will provide a variety of lodging options, including self-catering and room-only alternatives with double en suite bedrooms that can accommodate up to six people. The Ramage suite on the ground level has a lounge and an ensuite bedroom.

As well shared dining room, there is also a large lounge with soft seating areas and a 75' TV as well as a self serve bar. Along with the kitchen and dining room the Veterans lounge can all be utilised for gatherings, military meals, mess events, meetings, conferences, small military weddings or just relaxing.

Further more there is a military library and quiet space as well as a small meeting and study room. In the grounds there are numerous barbecue areas as well a mountain bike station and repair shop. Additionally there will be secure sports store with facilities for drying sports equipment, complete with a unique dehumidifier to extract water from wet clothes, are among the other amenities.

Forces Manor will also have a games leisure games centre known as The Campbell Games Rooms named after the person who came up with the idea. The facility will be on two floors and will contain a full size snooker and pool table on the ground floor while on the upper floor there will be a digital games rooms with consols and VR gaming.

Together



Together



Army, Royal Air Force, Royal Navy, Veterans, Cadets, Children in Care



There are upwards of 5 million members of the Navy, Army, and Air Force and Veterans in the UK.

For the UK's armed forces, Forces Manor seeks to offer something unique.

Forces Manor, however, focuses more on providing services for the general military family, offering a year-round activity facility with self-catering amenities where individuals, families, and units may spend valuable time together.

More than 2500 charities in the UK provide excellent services for military personnel who are homeless, have mental health issues, have been injured in war or training, or both. Since the general military population has not yet received much support, even if Forces Manor is open to everyone with special needs, it is also for the rest of the military family.

Question

Describe Forces Manor.

Answer

A versatile and adjustable building where military personnel, their families, and related civilians can spend valuable time unwinding, or getting trained in a setting that has a military culture.

Question

Forces Manor is what, exactly?

Answer

Forces Manor is not a medical facility with specialised staff or a rehabilitation centre. Although Forces Manor does not provide social services, being with us will improve your welfare because of where we are and what we are.

Question

Why is Forces Manor necessary?

Answer

Fortunately, not everyone has mental health problems or other conditions that call for specialised care and accommodations. However, that doesn't negate the need to give something for the other forces.

Veterans and active duty people prefer to be independent and pursue their own interests, but many appreciate the opportunity to reside in an area with a strong military culture. Forces Manor will suit both parties because it has military ties, but in a quiet way that promotes independence.

Question

What position does Forces Manor fill?

Answer

There are centres specifically designed to support the mental health of service members with specialised needs at one end of the range. Specialised professionals work in these centres. The Union Jack Club in London, on the other hand, is a place where troops can stay for breaks of any type. Forces Manor is a place for anyone looking for a self-catering stay in a communal setting amidst stunning scenery. Forces Manor is a place to unwind and recharge. Military families with children can socialise TOGETHER with other military families who share their values at Forces Manor.

Together



All Forces Manor Personnel
The General Forces Population
& those with special needs.
And Children in Care



Military Personnel with
Mental Health Problems



Injured Military
Personnel



Homeless Military
Personnel

History



Forces Manor is a Victorian Villa built back in 1880



The Ossian, a conventional stone built Victorian villa with three floors, was first constructed in 1880 by an Edinburgh doctor as a highland getaway home. It has a long history as an attractive period property with a character typical of its day. The original structure included many bedrooms, a number of reception rooms, a sizable kitchen, and staff quarters. Outside, there was a stable house that served as servants' quarters. Tennis court, garage, and numerous outbuildings were all part of the large garden space.

The Ossian has served as a shooting lodge, a modest country inn, a hotel, and a restaurant, among other things. The majority of the property is still in the superb condition it has maintained for more than 136 years, notwithstanding minor alterations.

The Ramage and Rainbow families purchased The Ossian in 1973 with the intention of opening an a la carte restaurant and hotel. The Ossian gained a very high reputation as a result of this being accomplished. Numerous wealthy and well-known people, including members of the Royal Family and stars from television and movies, frequented the restaurant. Locals from all across Scotland would travel there to eat since it was a huge favourite.

The Ossian was still successfully run as a family-owned hotel and restaurant up until 2013, with the character of the enterprise altering over time to accommodate shifting family dynamics. Unofficial family member Tony Brown made a personal investment in The Ossian in 2008 with the intention of reshaping the organisation. Tony designed the plans to convert the company into a self-catering facility, and the applications for the transition were approved.

The Ossian was put on the market in 2014, however because of the Scottish Referendum, the property market was weak and the project did not have the expected impact. But in 2017, after having a casual talk with a buddy who was stationed nearby and was in the RAF, Tony made the decision to do something good and constructive with the property, something that would fit with his own story. Thus, Forces Manor was established in 2018. Due to his extensive time spent in the Highlands and his connections in the military, the concept of a specialised R&R complex in the region seemed obvious and overdue.



My Brief



Child in Care, Cadet, Soldier, Cadet Instructor, Veteran



Forces Manor is the passion of Tony Brown, an army Veteran.

I joined the Army Cadets when I was 12 years old, and four years later I took the Queen's Shilling and enlisted in the Regular Army, beginning as a Junior Leader in the Royal Corps of Transport.

My life did not get off to the finest of starts. My mother abandoned me when I was seven months old, and I was taken into care in a south London children's home where I resided for over 15 years before joining the Army, the first family I actually belonged to. My childhood was filled with sorrow and torment.

By luck and quick thinking, Forces Manor, then known as the Ossian, became my address the day I joined the army. I'll explain: After I arrived at camp in the afternoon after escaping the children's home, I was questioned about my parents and my leave address during the welcoming process. "Ain't got none, and I don't have an address," I retorted.

When asked who my guardian was, I responded, "What's one of them?" "Are you stupid or something?" the corporal asked as he took my information. "No, I genuinely have no idea what a guardian is." I was a little ashamed.

I didn't know I needed a residence to go when on leave nor had those running the care home ever mentioned guardianship to me while I was in their custody. But I was determined I would not be returning to the children's home for leave.

I had developed a fantastic friendship with the family that owned the Ossian in the Scottish Highlands before I enlisted. I had stayed there during a few of my school holiday breaks. I didn't want to reveal to anyone that I had spent time in a children's home, so I provided the names and address of the Ossian to avoid any further awkward questions. However, the reception corporal informed me, "Okay, we will be writing to your guardians to let them know you have arrived safely."

Oops. Despite the fact that they were aware of my decision to enlist, I never actually asked the family about any of this. Furthermore, it turned out that the council, under whose supervision I had been, continued to be my legal guardian until I reached eighteen. I was keeping this information from the army, but in retrospect they would have known because my records would have revealed the truth.

I therefore listed the Scottish family as my guardians and, as soon as I had the chance, I called them to see if everything was good. To my relief, they confirmed that everything was fine. In addition, I was instructed to utilise their address for my leave if I so desired.

It was a wise decision to choose the vacation sanctuary in the Scottish Highlands, as it had convinced me that there was much more to life than suffering and sorrow.

The army acknowledged the Ossian Hotel as my new address. After all these years, I can now repay the favour. In an effort to avoid having to accept that I had been raised in such a reckless manner, I took over the lovely hotel I had mentioned in the past and took ownership of it in 2008.





© Crown copyright 2018



Forces Manor will serve our forces, as they serve us.

But before I took over the hotel, I lost my home after selling it to seek money to save the establishment after it fell into significant financial trouble. The family had given me hope with a postcode, so it was a simple choice to make. I am now in a fantastic position to hand the building over to the army and turn it into a Forces R&R centre for all members of the military, cadets, injured and disabled soldiers, veterans, and families. I had no idea that many years later, I would own the property and be able to gift the structure to the army in such a helpful way.

During my time in the Army, I served as a tank transporter and an arctic warrior in the UK, Northern Ireland, Asia, Germany, and throughout Europe. I was formerly the Army's youngest specialist tank transporter.

I have accomplished a lot of things since I left the Army. I became an award winning publisher, writing and self-publishing the world's first snowboard guide. I was the 10th-place British Snowboard Champion overall. In collaboration with Collins, I wrote and self-published the first European "Snow Atlas," which The Observer named "Book of the Week". The Balmoral Estate of the late Queen Elizabeth supported my publication of a series of pocket booklets about Scotland's National Park.

I continued to stay interested in the Army after I took off my uniform, and in 2016 I was elected treasurer of one of the UK's biggest active Army groups for veterans and active duty personnel. I also took on the role of Publishing Editor for a well-liked army publication. I am currently writing a unique time-lined book of my military journey to raise funds for vulnerable children in care, which I was, and for homeless and injured soldiers, which I could have been.

In 2017 I wore the Queen's uniform once again when I became an Instructor in the Army cadets with the 1st Battalion the Highlanders based with the Aviemore Detachment.

The Development



Whats been achieved so far, May 2023



Getting stuck in

Forces Manor will sleep upwards of 56 people in a mixture of private en-suite rooms, and some non-ensuite rooms for individuals and groups.

Forces Manor can be booked for a night or a weeks stay or a in a shared environment.

Forces Manor can be hired as a complete centre for units who wish to get away with a large group of forces personnel for outdoor adventure activities.

Attention to detail is important and each room will have, TV, good Wi-Fi connectivity. There is a guest kitchens for shared use, a study and meeting room, a military library and a new Veterans Lounge and TV room that is open daily for casual visits. The Veterans Lounge will have a self-sevice bar and can be adapted to host reunions military dinners, mess events, meetings, conferences, small military weddings or simply chilling. There will also be games room with snooker, pool and digital. On the ground floor there is a shared dining hall and a large kitchen.

Check List of what has been achieved and started so far:

Created over 200 square metres of new accommodation and increased bedrooms from 9 to 16. Created a new 2 room suite. Created 1 new 1 bedroom studio. Created a new 10 metre long open dining room. Installed 2 new 35kw Gas Boilers. Installed 2 new 500 litre hot water tanks. Installed 40 new Radiators. Installed 55 new double glazed windows. Built a 6.5 metre front extension with 4 new bedrooms. Built a 14 metre x 7 metre Veterans lounge with a small lounge washroom on the ground floor, and a 1 bed suite and studio room on the top floor. Created a new 16 space car park with space for 2 mini buses. Created 2 new kitchens. Created a new study. Created a new office. Completely rewired the building for electrics, communications and fire safety. Built a 1 bed garden lodge.

Since I launched my Forces Manor project I was never 100 percent sure just how it would be funded, but things have now become much clearer and, since Forces Manor was established as a not-for-profit organisation, it is important that everything is transparent. Some people who know me will be aware that I was brought up in a children's home from the age of seven months, having been dumped as baby in a South London hospital. What even they don't know is that my childhood was lost and I only got out when I escaped to join the army aged 16.

Throughout my childhood, I lived at Shirley Oaks, a London children's home run by an uncaring, incompetent council who, through no choice of mine, became my legal parents.

In recent years the lid has been blown off the place, to expose a horror catalogue of epic proportions with an appalling level of neglect and abuse inflicted on so many of us.



Taking down the old dining room



The old dining room now used for the car park



Over 20 tons of rubble was shifted by hand



Anthony on one of the many trips to the rubbish dump



Tearing down the old dining room



Inside the old dining room

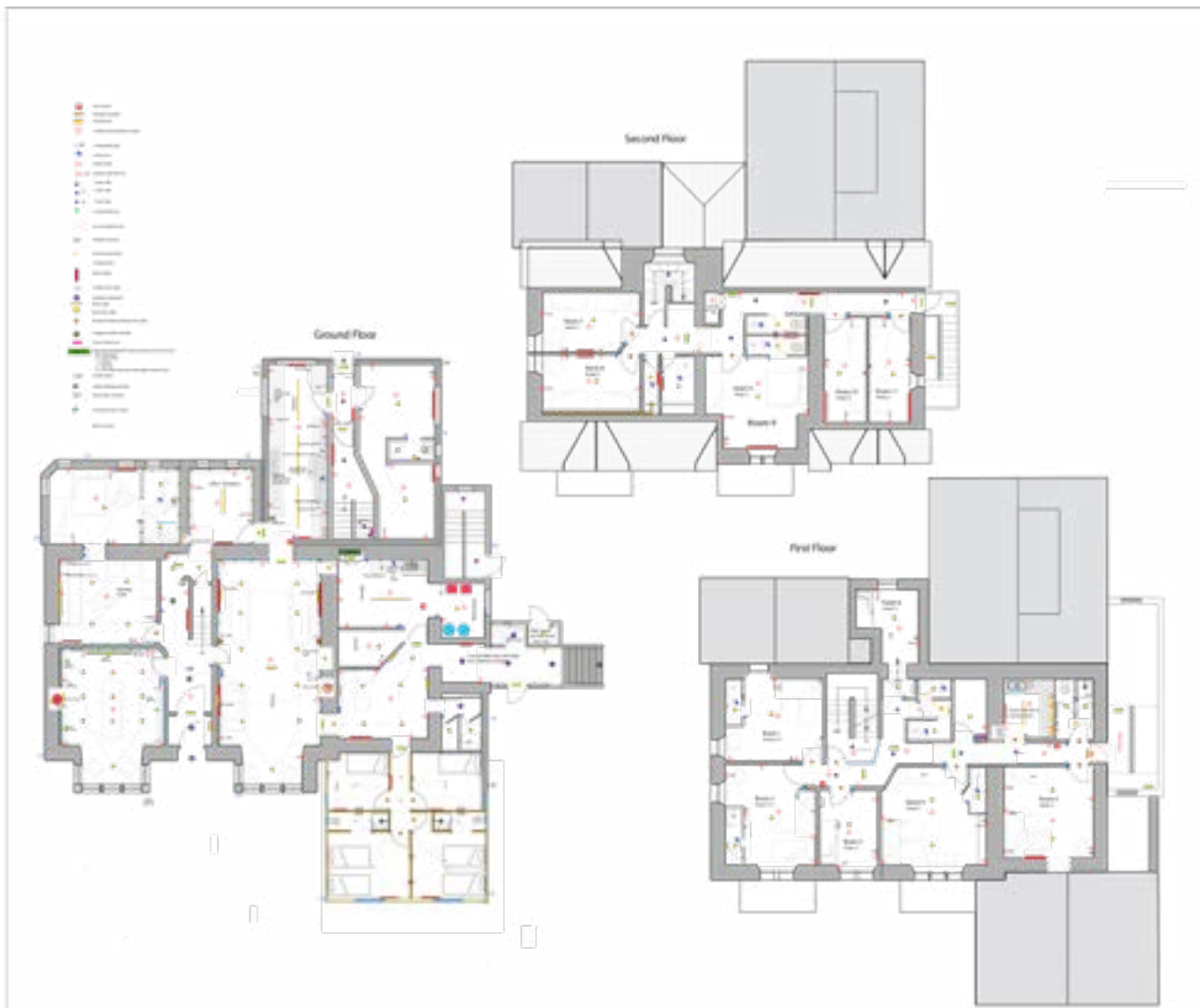


The Development



Whats been achieved so far, May 2023

Layouts



**Highland Council Planning 20/00236/FUL
Registered on the 14 February 2020**

PROJECT TITLE:	Forces Manor	Drawing Title & No:	Proposed Layouts & Windows - 01	Project Address:	Osman Hotel, The Balm, Kinross, Angus, Scotland, PD21 2GD	Notes:	
PROJECT Description:	Creation of additional and internal alterations to forces to provide accommodation for forces personnel and visitors, erection of shed, and associated groundworks	Client Name:	Tony Brown - Forces Manor	Contact Name:	Tony Brown		
		Drawn By:	Tony Brown	Phone Numbers:	Mobile 079 212 2257 - Land Line 01346 851 888		
		Date:	12th February 2020	email:	tony@highlandcouncil.com - info@highlandcouncil.com		
		Scale:	1:100	web:	www.highlandcouncil.com		

Existing Building with new Features

North Elevation
Newly added porch, canopy, with new glass and opening for porch

South Elevation
Newly added porch, canopy, with new glass and opening for porch

East Elevation
Newly added porch, canopy, with new glass and opening for porch

West Elevation

Scale: 1:100

Compass Rose: N, S, E, W

PROJECT TITLE:	Foras Manor	Drawing Title & No.:	Existing Building Elevations - 031	Project Address:	Ocean Hotel, The Brae, Kinross, Inverness-shire PH11 0DD
PROJECT DESCRIPTION:	Erection of extensions and internal alterations to hotel to provide accommodation for foras personnel and veterans, erection of shed, and associated groundworks.	Client Name:	Tony Brown / Foras Manor	Contact Name:	Tony Brown
		Drawn By:	Tony Brown	Phone Numbers:	Mobile 0779 212 5337 - Land Line 01540 651 568
		Date:	6th April 2020	email:	tony@forasmanor.com - info@forasmanor.com
		Scale:	1:100	web:	www.forasmanor.com
				Notes:	

The Development



Whats been achieved so far, May 2023



Anthony's home made hammer

It ruined my childhood and that of many others who were hidden away with me in Europe's largest children's home. Hundreds of us, parentless, without families, were housed in 52 separate bleak and menacing homes dotted around fields and woods. It was hell for so many of us who suffered abuse of every kind, real, intense, perpetual - a nightmare without waking.

I was awarded compensation for a destroyed childhood and I couldn't think of a better way to use the money than to donate it to Forces Manor. Having started life with nothing, I don't need anything now. I would rather give the money away so it that it can be spent on something special, something important.

The compensation relates to my time as a child in care. But that money alone wasn't going to be enough to fund the entire project so I have had to rely on other sources of funding: a loan, crowdfunding and private donations from veterans, serving soldiers and members of the public. To date I have not received any government or organisational funding apart from a green grant to help pay for new windows and a heating system.

Although I am not an architect, I decided to take a hands on approach at every level. I did all architect and building warrant drawings . The only exception was the the engineer's drawings. This meant I saved in excess of £25k on professional fees. It also enabled me to be in full in control of the project and aware of everything. I did take advice with my designs and drawings. A qualified Architect Technician told me after viewing my drawings that he couldn't improve on them. So with that in mind I was confident enough to submit my work to the Highland council for planning permission, which was duly granted along with a building warrant.

Singlehanded I began the development in March 2020 when I was forced to stop trading as a B&B due to the outbreak of the Corona virus. The original idea was to do the development in two stages. The first phase was to renovate the existing building and build the front extension, and the second phase was the creation of the Veterans lounge and upper accommodation, which would have been done a year after finishing the first phase using income generated from trading once again.

However, circumstances changed allowing me to do phase one and two at the same time. In doing so, this saved a vast amount of money and time.

I had planned to employ some joiners to help with the front bedroom extension and later for the Veterans lounge. However, after reviewing the work required and having previously built a house almost singlehanded, I decided to just get on with things



Removing the wall of the old kitchen



Opening up the new dining room



Installing the 4.5m RSJ



Over 100 sheets of plasterboard carried in



Anthony fetching water during the freeze



Creating the new drive way



Lining all the inner walls



Over 50 new windows installed

The Development



Whats been achieved so far, May 2023



All plumb

myself and not employ any joiners apart from when required such as for the roofing. It was an inspired decision because having designed the buildings myself, I knew better than anyone what was needed to be done and I was more than capable of doing it alone.

With some 40 rooms and corridors in the main building needing to be upgraded along with demolishing an old dining room and then building a four bedroom extension I got stuck in. I wasn't fazed with project managing and working alone. I simply got on with it.

The first thing I did was to pull down the old dining room which was beyond repair due to the presence of a leaking roof. It was a three metre by seven metre building with a flat roof. During the removal of the structure it soon became clear just how far it had gone beyond repair. The roof had been leaking for years and the timber holding it up was so rotten that on exposure the wood crumbled in my hand.

I hadn't really known what was totally needed at the start, but I knew I had to strip out the building, reline the walls and make the whole place far more eco friendly. This meant adding insulation to the ceilings and walls plus fifty new double glazed windows. I had to install a new efficient central heating system requiring over forty new radiators, complete with two new gas boilers and two 500 litre water tanks. I was awarded a grant for the new heating system and I employed a gas fitter who was a Veteran and agreed to do the work on a reduced rate thanks to the nature of the work. I saved at least £15k thanks to this. I was also incredibly lucky when it came to the cost of the windows, which I managed to get fitted and replaced for under £10k for the whole building, the extension and the Veterans Lounge. The building also needed to be rewired with upgraded consumer units and a hardwired fire alarm system. I took professional advice on creating the necessary plans, which were then submitted to planning and fire inspection who gave their approval. The rewiring work was carried out by a local electrician at a greatly reduced cost due to the nature of the project, which like the other elements has made a huge difference to the budget.

Although I have done 90% of the work required on my own; I gained valuable assistance from young Anthony Campbell who was a local and Army cadet from my cadet detachment in Aviemore. Anthony came to work for Forces Manor as our first member of staff working tirelessly each Saturday and during the school holidays. During year one he never missed a single days work. Anthony even made his own



The new gas boilers and water tanks



Framing the new ceilings



Lining the corridors



Digging the foundations for the Veterans Lounge



Measuring out the foundations



Preparing the foundations trench



Anthony measuring with a lazer tool



Anthony digging his way out of a hole!



Building the new shower rooms



Anthony demolishing a wall



Anthony and Travis removing a floor



Fitting new water pipes



Nick laying the concrete for the extension



Travis shifting tons of wood for the Veterans Lounge



Taking out one of the old fire places



Building the floor for the extension





Anthony having a smashing time!



Alfie helping with the lift of the trusses



The Veterans Lounge taking shape

The Development



Whats been achieved so far, May 2023



Many tons of materials were shifted

tools to work with on development which are still in use now. He has been a great help and is now a full part of Forces Manor development and history.

However during the week I was always alone working on the building. On each floor within the main building I lined all the walls over the existing finishing with 2x2 timbers, filling the space with Thermal/acoustic insulation before covering with 11mm OSB wood sheets and the 12.5mm plaster board. I did the same with the ceilings while at the same time constructing new shower rooms and fitting the new plumbing for the hot and cold water supply and toilet waste. On the ground floor I removed an existing wall and with a build warrant certified by an engineer, I installed a 4.5 meter RSJ and opened up the space to create a 10.2 metre long by 4.5 metre wide new open dining space, removing the old kitchen in the process. Also on the ground floor I created a new study room, a one bedroom suite, a new office, an anteroom, a new laundry and a large commercial kitchen. I also built a 7 metre by 6.5 metre extension with a new foundation wall in accordance with planning permission. The build was a big build but I managed it alone and in doing so saved in excess of £20k in labour costs.

On the second floor I lined all the inner walls in much the same way as the ground floor and created one new bedroom and a small guest kitchen for snacks, tea and coffee. On the top floor it was much the same whereby I created two new bedrooms. All the corridors were relined with new sheeting, insulation and plasterboard. New pipe work was required to carry hot and cold water. While this was being done, I employed local tradesmen to fit all the new windows.

In the surrounding grounds I had to remove a number of trees as part of the new parking arrangements. However, as the trees were professionally removed, we discovered that most were rotten and beyond saving. As a result more trees than I had expected had to be removed, but the knock effect meant I gained more car parking space and no longer needed to spend money of developing the lower garden to create extra parking space.

At one point during the winter of 2021 with exterior temperatures falling to minus 15 degrees and with no heating in the main building, the water froze and we had to rely on a neighbor supplying us with buckets of water from across the street. However, we worked on and luckily enough when the pipes finally defrosted a week later, none of the pipes burst so we didn't suffer any damage.

During the summer of 2021, I took the decision to start the Veterans shed, which I hadn't intended to do for at least another year. Having purchased the wood in the winter when the prices for lumber were low, I didn't want leave the wood sitting



The extension with the trusses installed



Anthony with his new project



The trusses going up



The Veterans Lounge



Anthony getting messy



Tom being - Tom

The Development



Whats been achieved so far, May 2023



Building all the kits on site

around for another winter unused. So a groundsman came in to hollow out the foundations. A local builder and myself laid the blockwork for the large 14 metre by 7 metre two story building. Once the foundations were completed I built the timber for the walls onsite and put them in working completely alone. While it was rather testing at times, the net result was that I saved in excess of £40 to £50k in labour costs. To complete the roof I employed a local joiner at a reduced rate and we put the trusses up together as well as the final roofing materials.

I shall soon be working on creating the final finishings to the interior and the outer cladding. I also have to finish off the plasterboarding and tape them before beginning to paint the building. The final jobs will be to lay the new flooring surfaces, install all the new fire doors and then kit out the rooms with furniture and fittings. I will leave the Veterans Lounge to be finished off next summer which will allow me time to get the main building back open and generate an income again, which will then be used to finish the Veterans Lounge and other elements within it.

All in all it's been a long slog but it has allowed me to move the project on. I am not going to say it has been easy because it has not. At one point thanks to the lockdown and no income I couldn't even afford to feed myself. On one occasion I lasted two days on a can of soup. My plight became public and many friends rallied around offering money and even food parcels.

I am now looking forward to being open for next Easter and as long as I can raise the final money needed then I see this a strong possibility. But what is important to point out is that by doing the development largely alone, by recording my own work progress with a daily work and time spreadsheet I calculate that I have saved over £140k in labour costs, which is a huge saving and has meant that the dream is possible.



Drawn and designed by Tony

The Development

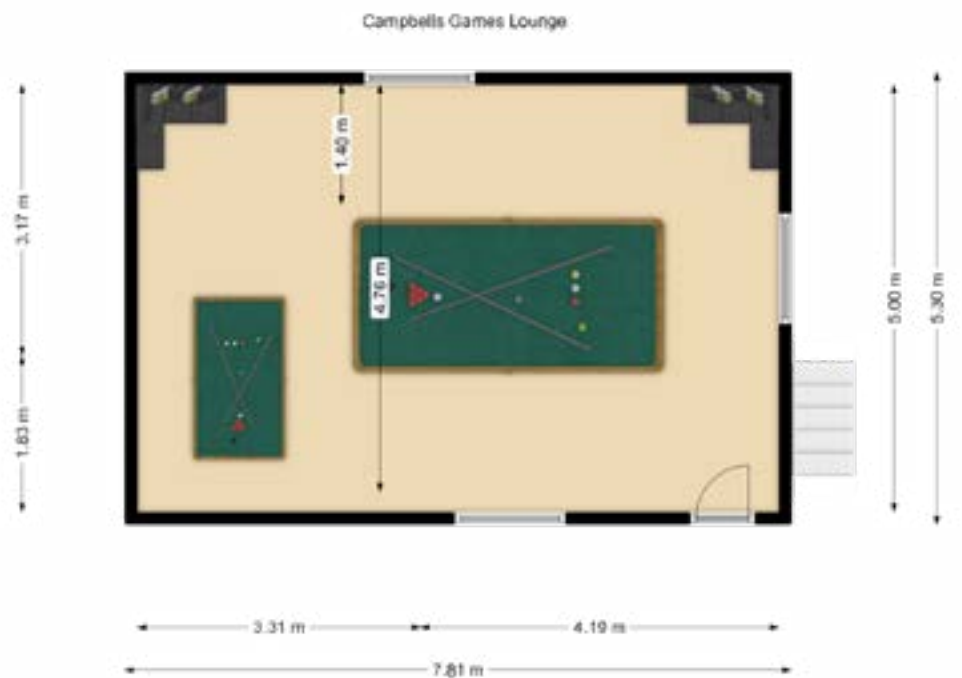
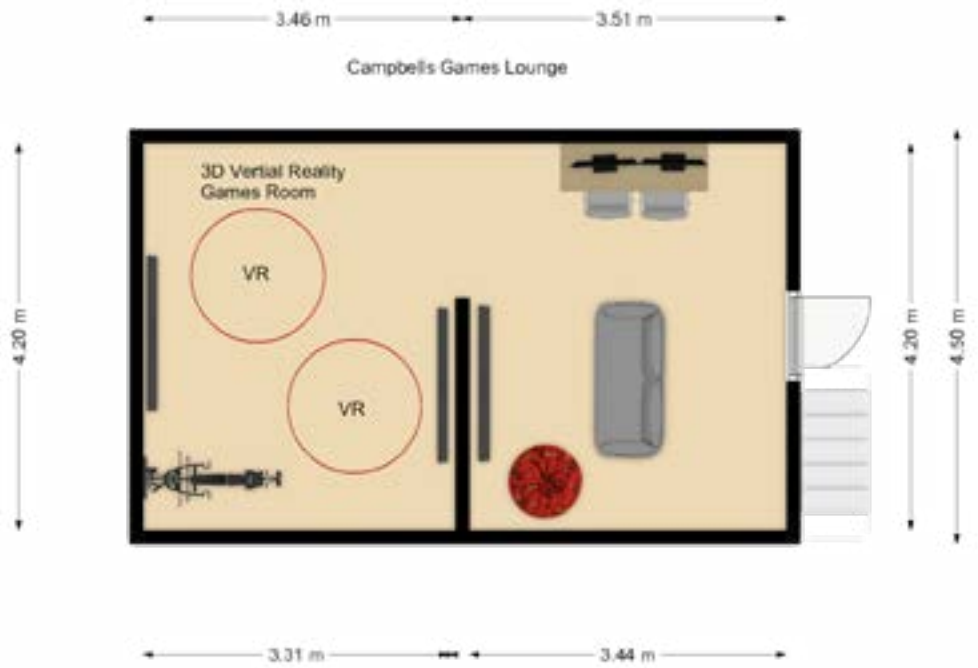


In the Pipe Line



Anthony measuring up

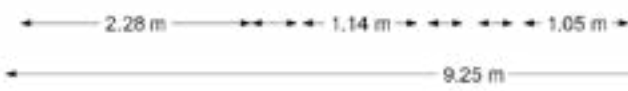
Campbells Games Room



Forces Manor Garage



Forces Manor Residential Lodging - two one bedroom residential Veterans accommodation and two residential studio flats for locals.



Out and About



On the door step



Whether you're looking for an adventure, fun for the whole family, or a break from the every day, the Cairngorms National Park has a lot to offer.

*Twice the size of the Lake District, the Cairngorms National Park has more mountains, forest paths, rivers, lochs, wildlife hotspots, friendly villages and distilleries than you can possibly imagine.

*Mother Nature dealt the Cairngorms a hand full of aces. That's not fair, but that's how it is. Five of the UK's six highest mountains lie inside the park, and there are 55 Munros - mountains over 3,000 ft. There are huge forests of ancient native trees, cascading waterfalls, and more wildlife than you can shake a capercaillie at.

*More people come to the Cairngorms for snowsports than at any other resort in the UK. Hillwalkers and rock-climbers will never run out of routes to try. There are oodles of top-class mountain-bike trails, cross-country skiing trails, pony treks and orienteering courses. Should you be into husky racing, well, you can do that here, too. You can also enjoy some downtime amid the glorious scenery. or make your way along the Malt Whisky Trail?

Forces Manor is located in the easily accessible village of Kincaig, which lies within the Cairngorms National Park just five minutes south of Aviemore.

Kincaig, is a typical highland village, quiet and tranquil, yet boasting a wide variety of attractions and facilities, making it a popular, sought after village to live in. We even have ospreys who return every spring to nest and rear their young on the island loch just walking distance from Forces Manor.

Kincaig has two bars, a loch side restaurant, a cafe/tea room with an art gallery, a water sports centre, a wildlife park, an activity centre at Alive Estate and an RSPB nature reserve.

The surrounding area is teeming with wildlife with resident ospreys in the summer and roe deer all year round. In the grounds of **Forces Manor** are a number of red squirrels who have been living in our trees for many years, while if you are patient you will spot otters down on the loch.. The River Spey runs into Loch Insh in Kincaig and is regarded as one of the best places to fish for salmon and trout.

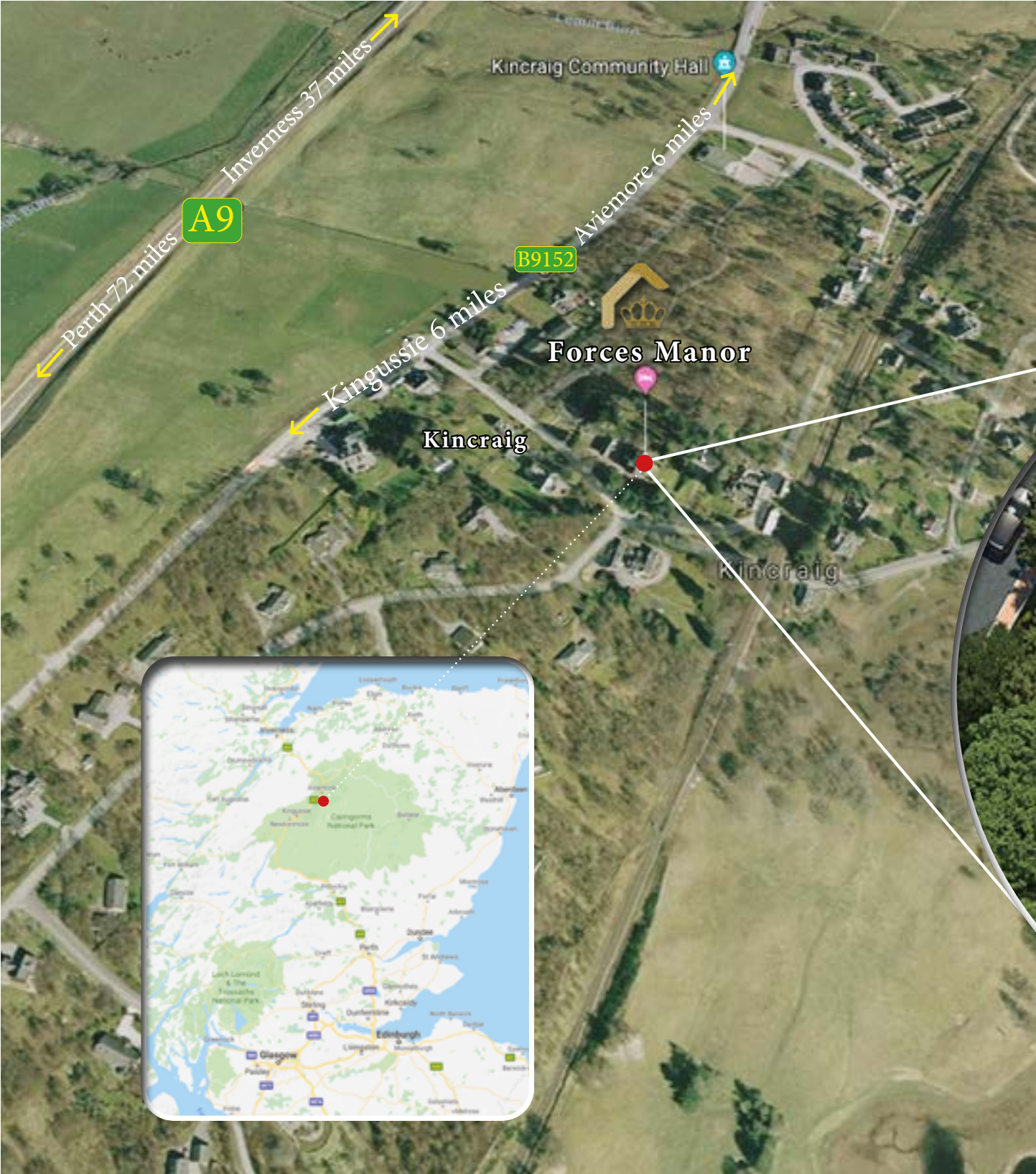
Close to Kincaig are Aviemore and Kingussie, which both have a large selection of shops, banks, restaurants and bars. You will also find swimming pools, tennis courts, gyms and international golf courses all just six miles in either direction.



Location



Easy access





Getting here couldn't be easier:

By Bus and Train:

Intercity city trains stop at stations in both Aviemore and Kingussie, while intercity buses stop in the centre of Kincaig, 200 metres from **Forces Manor**.

By Car:

From the south, head up the A9 from Perth turning off at Kingussie and drive the remaining six miles along the B9152 to Kincaig. From the north, head down the A9, turn off after Aviemore and follow the B9152 to Kincaig. **Forces Manor** is in the centre of the village.

By Air:

Inverness International Airport is just 44 miles from Kincaig.

Aviemore, the hub village within the Cairngorms National Park is just 6 miles away and has numerous tax operators.

Fuel:

The nearest fuel station is in Aviemore, just 6 miles north, with another fuel station to the south in Newtonmore, 8 miles, and another to the north in Carrbridge, 10 miles away.



FORCES Manor

Together



FORCES Manor

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