

# FORCES Manor



*Forces, Veterans & Families Respite*

Stay - Activities - Social  
Together



# FORCES Manor <sup>660</sup>

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# What



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



As a not for profit centre, **Forces Manor** is,

- Apart/Hotel,
- Self serve accommodation
- Activity and Training Base
- Forces Manor Social Centre - *Drop In - Vets Shed* -

British forces have long had an association with the Highlands of Scotland and **Forces Manor** aims to complement the excellent facilities provided by the likes of Rothiemurchus Lodge and other likewise facilities in the area. **Forces Manor** will aim to offer something different but work in harmony with providers of rest, activity and social facilities.

**Forces Manor** is a dedicated forces respite centre for serving soldiers, veterans and their families, and Army cadets. The use of the centre is envisaged for holidays, short breaks, reunions, meetings, training, small military weddings, conferences. **Forces Manor Social**, will be a centre where any one can drop in and chill out, a place where veterans and service personnel can join a breakfast club, can meet and greet, can share, can be together.

**Forces Manor** can accommodate 60 people, units or private individuals.

Within the Cairngorms National Park, **Forces Manor** is located in the village of Kincaig on the banks of the River Spey just five minutes south of Aviemore in the central highlands of Scotland.

**Forces Manor** will have a range of accommodation options from self-catering to room only, with double en suite bed rooms suitable for up to seven guests. There will also be multi person bunk rooms within the grounds. An important feature is the dedicated disabled ground floor two-roomed apartment equipped with bedroom and bathroom hoists.

There will be a communal all ranks mess hall and kitchen as well as an all-ranks DIY, NAAFI lounge and bar which can be adapted to host reunions, military dinners, mess events, meetings, conferences, small military weddings or simply used as a place to chill in front of the large log burning stove.

Other facilities include a media/office centre, a mini gym, mountain bike station and repair work centre and sports store equipped for drying sports equipment, complete with a special dehumidifier to extract water from wet clothes.

Further facilities will include a laundry, open plan gardens with barbecue areas and a mini putting green. There will also be ample parking.

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# Together



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



Together the Military Family is 5.3 million strong (Navy, Army and Airforce).

- 5 Million Veterans
- 146,500 Regulars
- 36,430 Reserves
- 50,500 Army Cadets & Instructors
- 50,000 Air Cadets & Instructors
- 19,060 Sea Cadets & Instructors
- 7,820 others.

**Forces Manor** aims to fill a gap and provided something special for the UK's 5.3 million forces population.

But unlike outlets for special needs, **Forces Manor** is more about offering something for the general military family somewhere individuals, families and units can spend quality time together, in an all year round activity centre with self-catering facilities.

UK military personnel are serviced by over 2500 charities which offer excellent services for forces personnel with mental health problems, or those injured in combat and training, and homeless military personnel. So while Forces Manor is also open to all those with special needs, its target audience is the general military population, who thus far are not really catered for at all, indeed in the UK, it's surprising to note that there is nothing along the lines of what is being proposed at Forces Manor.

## Question

What is **Forces Manor**?

## Answer

A multi-functional and adaptable facility where military personnel, families and associated civilians can spend quality time on holiday, rest and relaxation or training in an environment with a military ethos.

## Question

What isn't **Forces Manor**?

## Answer

**Forces Manor** is not a hospital, recovery centre, or dedicated welfare centre with specialist staff. Forces Manor does not offer welfare services, but your welfare will be enhanced by staying at Forces Manor through our location and what we offer.

## Question

Why is there a need for **Forces Manor**?

## Answer

Fortunately not everyone suffers from mental health or other issues which require specialist help and accommodation. But that doesn't mean there isn't a requirement to provide something for the rest of the forces.

Serving personnel and veterans like to be independent and do their own thing, but many like to have the chance to stay in a place with a military feel, background and ethos. Forces Manor will satisfy both camps as it will have its military connections, but in a manner that is low key and facilitates independence.



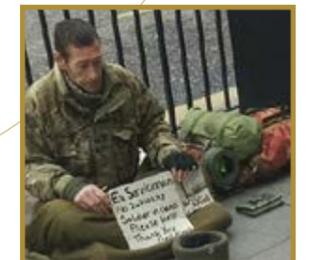
All Forces Manor Personnel  
The General Forces Population  
& those with special needs.



Military Personnel with  
Mental Health Problems



Injured Military  
Personnel



Homeless Military Personnel

## Question

Where does **Forces Manor** fit in?

## Answer

At one end of the spectrum, there are dedicated centres catering for the mental well being of forces personnel with specialist needs. These centres are staffed with specialist personnel. At the other end of the spectrum, in London there is the Union Jack Club where forces can stay for breaks of all kinds. Forces Manor is a facility for anyone wanting a self catering stay in a shared environment surrounded by beautiful nature. There is no criteria required to stay, Forces Manor is not a recovery centre but is a place to relax and re-charge. Forces Manor is a place where military families with youngsters can mix *TOGETHER* with other like minded military families.

# History



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



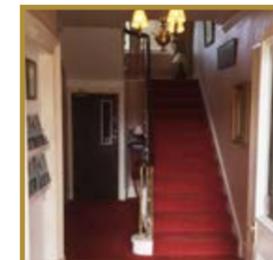
Originally built in 1880 by an Edinburgh doctor as a highland holiday home retreat, The Ossian, a traditional stone built Victorian villa spanning three floors, boasts a rich heritage as an elegant period property displaying a character representative of its era. The original building comprised of numerous bedrooms, various reception rooms, large kitchens and staff quarters, while the grounds contained a stable house doubling up as servants' quarters. The spacious garden area included a tennis court, garage and ample outbuildings.

The Ossian has been used variously as a shooting lodge, a small country guest house and a hotel and restaurant. Despite minor renovations, the vast majority of the property still remains in the excellent condition it has sustained for over 136 years.

In 1973 The Ossian was bought by the Ramage and Rainbow families with the aim of establishing an a la carte restaurant and hotel. This was achieved and as a result The Ossian gained a very high reputation. The restaurant played host to many famous and prosperous guests, including members of the Royal Family as well as TV and film personalities. It was also a great favourite with locals who would travel from all over Scotland to dine there.

The Ossian continued to be run as a successful family owned hotel and restaurant until 2013, with the nature of the business modifying over the years to adapt to changing family dynamics. In 2008, unofficial adopted family member Tony Brown invested his own money in The Ossian with the aim of guiding it in a new direction. Tony drew up plans to change the business into a self-catering establishment and planning applications were granted.

In 2014 The Ossian was placed on the market, but the housing market was poor due to the Scottish Referendum, and accordingly failed to achieve desired results. However, in 2017, following a casual conversation with a friend serving locally in the RAF, Tony decided to do something worthy and positive with the property, something befitting his own story. Hence in 2018, **Forces Manor** was born. Having lived in the Highlands for many years and with his military background and connections, the idea of a dedicated R&R centre in the area seemed obvious and long overdue.



# My Brief



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

Then



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

At the age of 12 I joined the Army cadets and just four years later I took the Queen's Shilling and signed up as a Regular soldier, first starting as a Junior Leader in the Royal Corps of Transport.

I did not have the best start in life. My childhood was a combination of hardship and torment beginning at seven months old when my mother abandoned me and I was placed into care in a south London children's home where I stayed for over 15 years before joining the Army, the first family I was truly a member of.

By chance and quick thinking, the day I joined the army was the day **Forces Manor** became my address, known then as the Ossian. Let me explain: I escaped the kids home in the morning and after arriving at camp in the afternoon, during the reception process, I was asked who my parents were and my leave address. I replied; *"Aint got none, and I aint got no address".*

So I was then asked who was my guardian, to which I said:

*"What's one of them?"*

The corporal taking down my details looked puzzled and said:

*"Are you stupid or something?"*

*"No I honestly don't know what a guardian is."* I said somewhat embarrassed.

Guardianship was not something they had told me in care, nor did it occur to me I would need an address to go on leave. I knew however I would not be going back to the home.

Prior to joining the army, I had struck up a great relationship with the family in the Highlands of Scotland who owned the Ossian where I had spent a few school holidays. I had no intention of telling anyone that I had been in a children's home and so to avoid any more awkward questions, I gave the names and address of the Ossian only to then be told by the reception corporal;

*"Okay, we will be writing to your guardians to let them know you have arrived safely".*

Oops. I hadn't actually asked the family about any of this although they knew I was joining up. What's more, it turned out that the council, whose care I had been in, was still my legal guardian until I was eighteen, but I wasn't telling the army that, although in hindsight they would have known as my records would have shown the facts.

Now



So I put the Scottish family down as my guardians and at the first opportunity I called them to ask if it was okay and, to my relief, they said that it was absolutely fine. Not only that but I was to use their address for my leave if I wanted to.

It was an inspired move, opting for the holiday haven in the Scottish Highlands which had shown me that the world was so much more than torment and hardship.

The army accepted the Ossian Hotel as my address and gave me a home. Now, all these decades on, I can return the favour. In 2008 I became the owner of the beautiful hotel I had cited way back, in my desperation to avoid admitting that I had been raised, so carelessly, in care.



© Crown copyright 2018

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

But before I took over the hotel, I became homeless when I sold my house to raise funds in order to bail out the hotel which had got into serious financial difficulty. It was an easy decision as the family had given me hope with a Post Code. I am now in the perfect position to give the building over to the army, by converting it into a Forces R&R centre for serving personnel, veterans and families, for injured and disabled soldiers and for cadets – I did not know many years on I would become the owner of the place and be able to give the building over to the army in such a positive way.

Whilst in the Army I served in the UK, Northern Ireland, Asia, Germany and across Europe, both as a Tank Transporter and an Artic Warrior. At one point I was the Army's youngest specialist tank transporter and while in Junior Leaders I achieved the Army's highest physical test result of the time.

Since leaving the Army, I have done many things and achieved success. I was ranked 10th British overall Snowboard Champion. I became an award winning publisher, writing and self-publishing the world's first snowboard guide, Europe's first 'Snow Atlas' in association with Collins, which was voted 'Book of the Week' by The Observer. I then published a series of pocket books relating to Scotland's National Park, which received Royal backing from Her Majesty the Queen's Balmoral Estate.

When I hung up my Army uniform, I didn't give up on my Army interests, and in 2016 I became the Treasurer for one of the UK's largest active Army group for veterans and serving soldiers. At the same time I became the Publishing Editor for a much loved army magazine. 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 a Sergeant Instructor in the Army cadets with the 1st Battalion the Highlanders based with the Aviemore Detachment.

# Accommodation



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



## Forces Manor

- Combined: Sleeps 60+
- En-suite rooms and shared
- 1 Main kitchen area
- 3 Lounges
- 3 Fully Equipped Studios
- 2 Disabled access Units
- 1 Laundry
- 2 Mess Halls
- 1 Garden Lounge
- 1 Gym & Sports Storage
- Open Parking
- Media/ Office Suite

Forces Manor will sleep up to 60+ for individuals in private en-suite rooms and bunk rooms for groups.

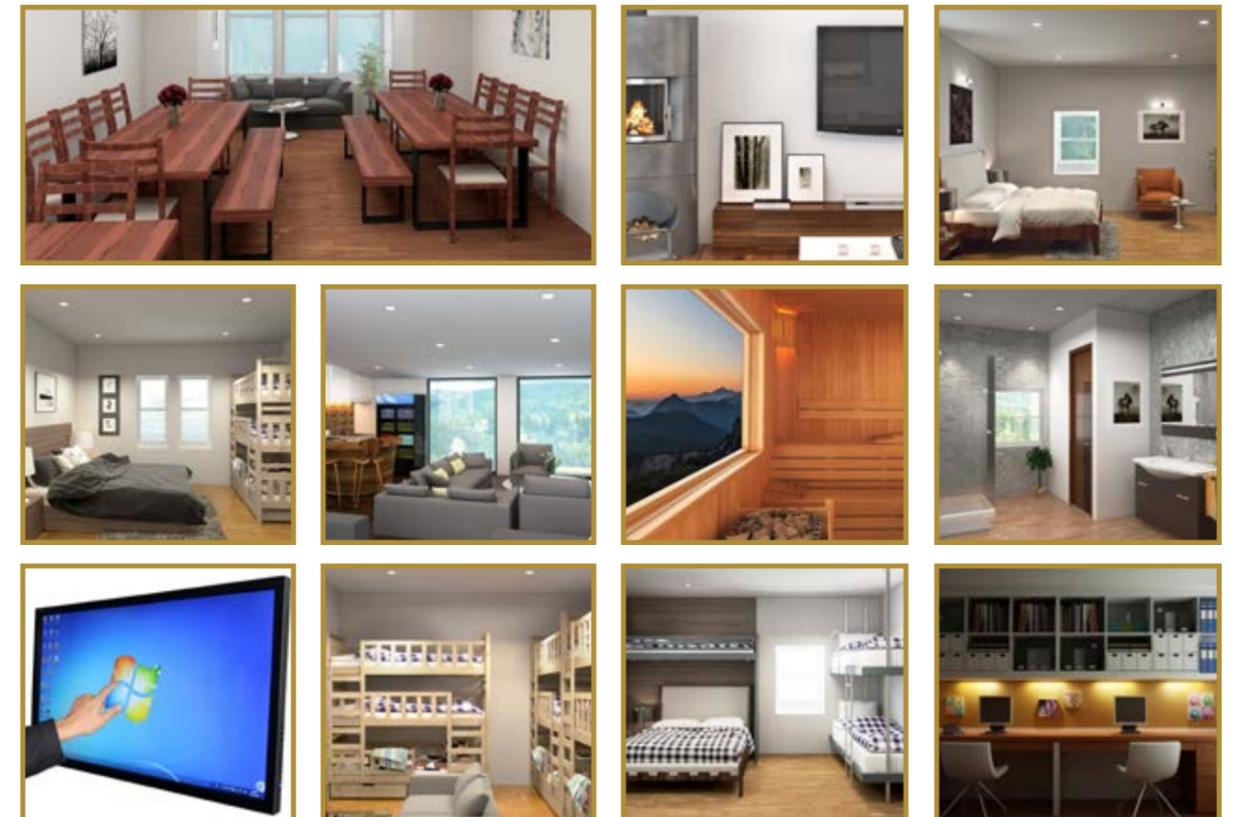
Forces Manor can be hired as a complete centre for units who wish to get away with a large group of forces personnel.

Forces Manor will offer a range of accommodation options suitable for individuals, couples and families, available either on a nightly or week self-catering basis. Of particular importance is the accessibility and facilities for disabled and injured service personnel and veterans. To this end, as well as two accessible accommodation units on the ground floor with step free access, one unit will consist of a specially adapted two-room studio with a bed and bathroom hoist fitted along with other user friendly features.

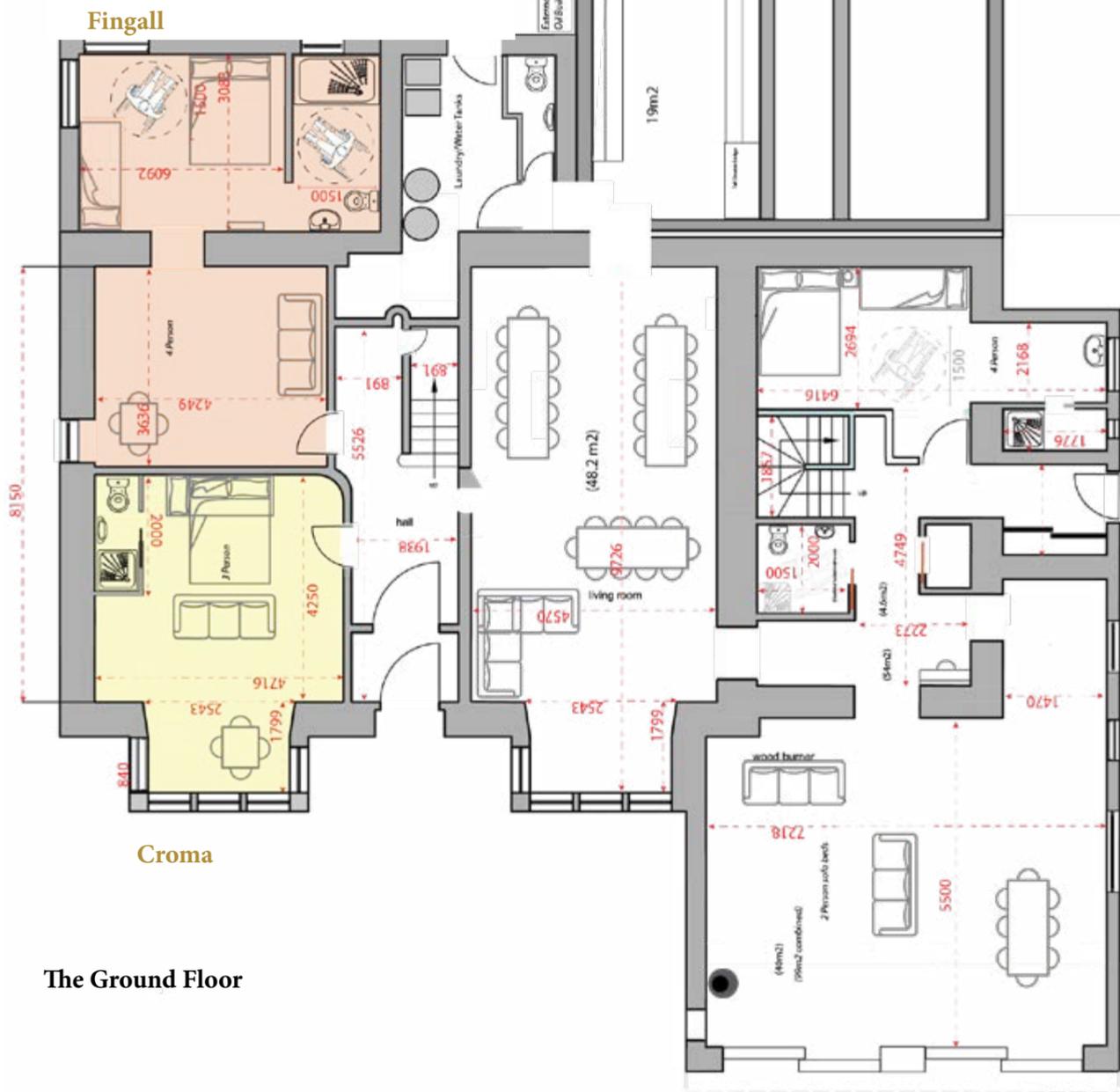
Attention to detail is important and each room will have, TV/DVD combination sets, Wi-Fi connectivity and charging points. Some rooms will also be equipped with self-catering facilities.

On the ground floor there will be a shared mess dining hall and large kitchen. There will also be a laundry and quite room that doubles up as a military library.

In the grounds is a Garden Lounge DIY bar which can be adapted to host reunion military dinners, mess events, meetings, conferences, small military weddings or simply chilling in front of the large log burning stove. Other facilities include a gym, sauna and hot tub, a mountain bike station and repair room and a sports store equipped for drying sports equipment with a special dehumidifier to extract water from wet clothes. There is also a media/office suite.

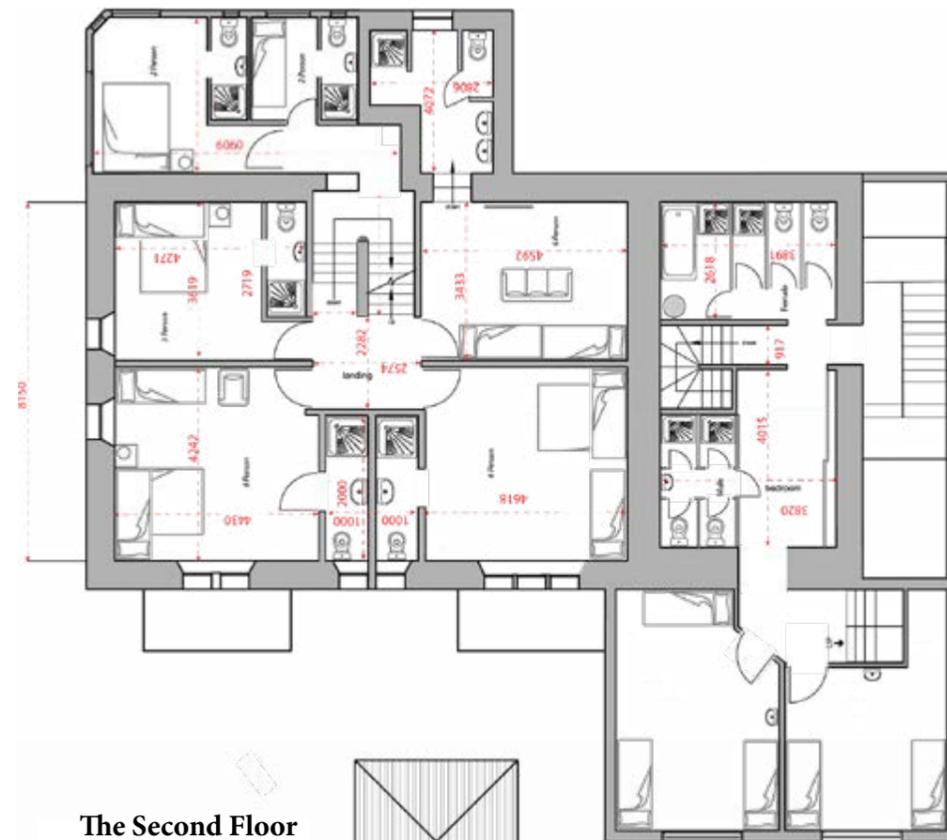


The Ground Floor

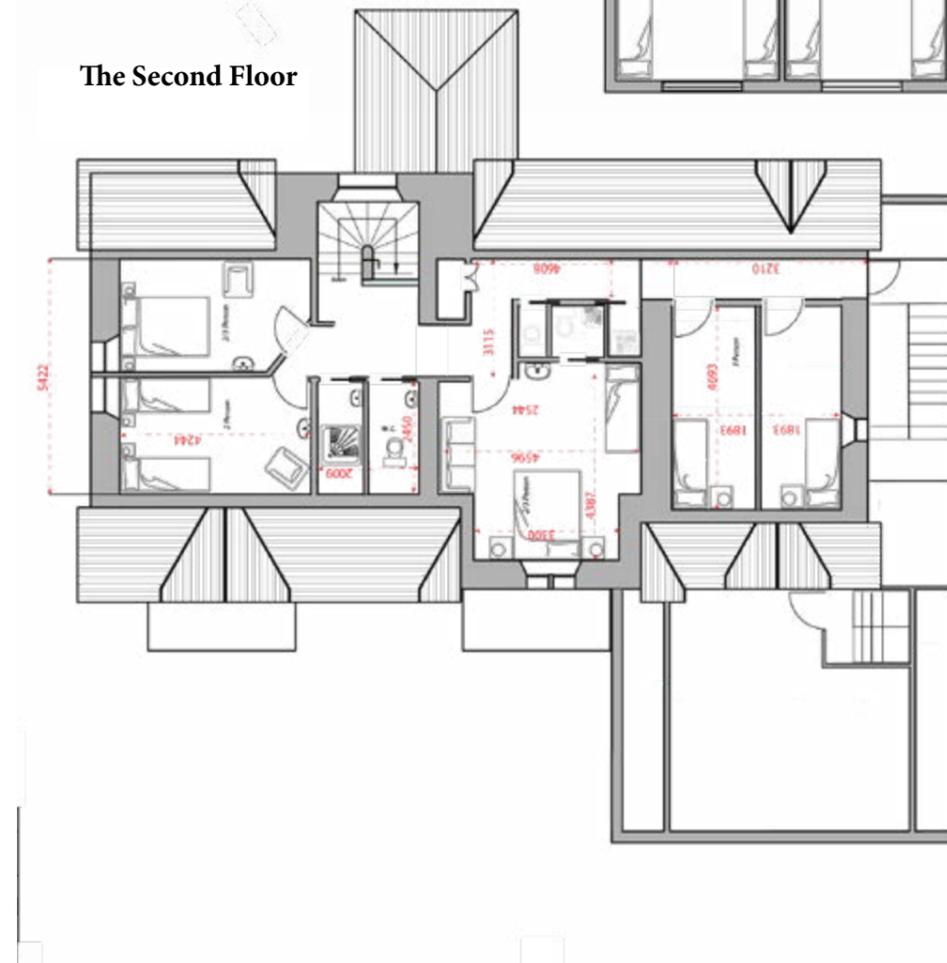


The Ground Floor

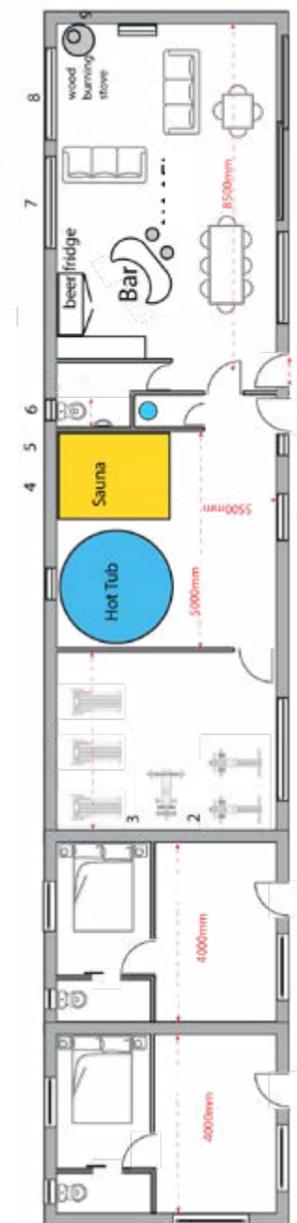
The First Floor



The Second Floor



Garden Amenities



## Fingall

### Disabled Studio: Sleeps 4

- 1 Bed room with over head bed hoist, double bed and bunk bed.
- 1 Lounge.
- 1 Micro Kitchen.
- 1 Disabled Shower room with overhead hoist.
- Shared use of Laundry.
- Use of NAAFI Lounge.
- 1 Gym & Sports Store.
- Parking.

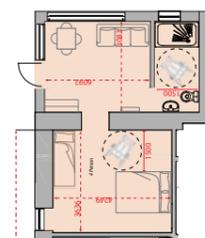
**Fingall** is a fully equipped disabled unit. Located on the ground floor with easy wheelchair access.

The lounge room is kitted out with a micro kitchen with low worktops and storage. There is a table and sofa with a flat screen TV and DVD combination.

A wheelchair can easily be maneuvered around the bedroom, en suite and lounge area. The en suite is fitted with an overhead electric shower and toilet hoist. The bedroom also has an over head electric bed hoist and electrically adjustable double mobility bed.



Automated access via an all weather surface ramp. Pocket door access do the toilet and shower room.



## Croma

### Studio: Sleeps 4

- 1 Bed room with over head bunk bed.
- 1 Lounge sofa bed.
- 1 Micro Kitchen.
- 1 Shower/Toilet room.
- Shared use of Laundry.
- Use of NAAFI Lounge.
- 1 Gym & Sports Store.
- Parking.

The **Croma** unit is a ground floor studio sleeping up to four people with a double bed and overhead single bunk bed. A fourth person is provided for with a pull out double sofa bed.

With a front facing view of the Cairngorms, Croma is a great family studio or space for a group of soldiers who need a place to chill. The studio has a fully equipped micro kitchen with fridge, microwave, toaster, kettle and kitchen utensils.

There studio has a shower and toilet room, along with a lounge area with a sofa bed and a TV/DVD combination.

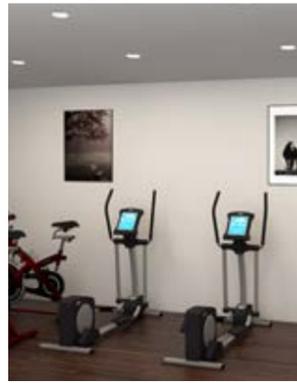


## Accommodation

# Facilities



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



**Forces Manor** aims to provide all guests with a range of facilities in a relaxed atmosphere.

The Garden lounge bar can be adapted to host reunions, military dinners and mess events. The space can also be adapted to host small military weddings, meetings, conferences, training programmes and seminars- with overhead projectors, a white board and live internet connection, or simply used as a place to chill in front of the large log burning stove.

Other facilities include a gym, sauna, hot tub, mountain bike station and repair room and sports store equipped for drying sports equipment. There are also external storage facilities to house sailing vessels or other large equipment.

Services will include a laundry, open plan gardens with barbecue areas and a mini putting green. There is also ample parking for a variety of vehicles.

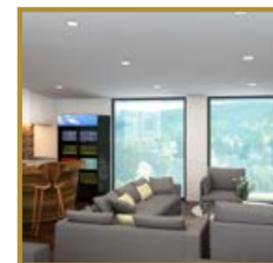
## For The Enviroment

Electric Car Charging Stations.

End of single use plastic by using paper bag bin liners.

End of single use plastic wrapped soaps by using dispensers.

Communal waster collection on each floor rather than in each room.



# Out and About



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With in 20 minutes of Forces Manor

- 3 Banks
- 1 Cinema
- 1 Ko Cart Centre
- 1 Tree Climbing Zone
- 1 Wildlife Park
- 1 Zip Wire Course
- 2 Medical Centres
- 2 Petrol Station
- 3 Post Offices
- 2 Quad Bike Centres
- 2 Sking centres
- 2 Snowboarding centres
- 5 Dentists
- 6 Golf Courses
- 3 Medical Centres
- 3 Nature Reserves
- 3 Swimming Pools
- 4 Gyms
- 6 Supermarkets
- Fishing
- Tennis courts

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.

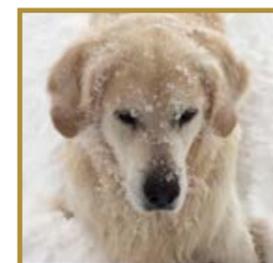
Kincaig, is a typical highland village, quiet and tranquil, yet boasting a wide variety of attractions and facilities, making it a popular, sought after village to live in. We even have ospreys who return every spring to nest and rear their young on the island loch just walking distance from Forces Manor.

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.

\*Visit Scotland  
www.visitscotland.com



# Location



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**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.

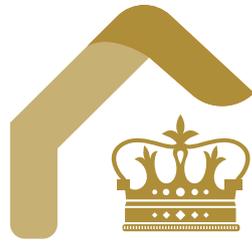
**By Air:**

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.



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